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The Sun

Social Security Info

Afro Arts Festival is March 18

The Glades Afro Arts Festival is set for March 18. Events will begin with a parade at 10 a.m. that will start on Avenue A, go to Main Street, down Martin Luther King Avenue and end at Lake Shirp park.

Activities will begin at the park immediately following the parade. There will be games, food, arts and crafts booths and entertainment.

For more information, contact Zeta Phi Beta Sorority, Inc. members Mary Jackson (996-5748) or Winifred Tolbert (996-4574).

PBCC announces "Health Fair 2000"

Palm Beach Community College's "Health Fair 2000", featuring over 20 local agencies, will be presented Feb. 29. The scheduled participants will include the Lung Mobile, Mothers Against Drunk Driving, Palm Beach County Kidney Association and the Sickle Cell Association with testing.

Additionally, PBCC's nursing department will offer free blood pressure checks and Glades General Hospital will offer free blood sugar and cholesterol tests. The event will be held at the Glades Campus, 1977 College Drive, Belle Glade on Feb. 29 from 10 a.m. to 2 p.m. inside the main building.

The event is free and open to the public.

Farm Service Agency office no longer in the area

The Palm Beach-Broward County Farm Service Agency County Office has moved from their offices on State Road 15 to West Palm Beach.

Farmers and other concerned citizens are advised that the new location is 750K South Military Trail, West Palm Beach. The office id located in the Publix-Polo Grounds shopping plaza on south Military Trail. The new telephone number is 561-683-2285, extension 100.

Continued on Pg. 9

Lake Level

Feb. 22
16.52
feet
above
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level

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County commissioner asks Lions Club to help make Belle Glade count during census

Palm Beach County Commissioner Carole Roberts, was the guest of the Belle Glade Lions Club at their regular meeting last Wednesday, where she asked club members to encourage residents to participate in the upcoming census. Failure to be counted during the census can cost local communities from $150-1500 per person in federal funding, Commissioner Roberts said. Pictured with her is Lions Club member Corey Wilkerson.

By Tracy Whirls
Associate Editor

Palm Beach County Commissioner Carole Roberts asked members of the Belle Glade Lions Club to help make Belle Glade count, by urging everyone to participate in the 2000 census. An inaccurate count could cost the city and the Glades area millions in federal and state dollars, the commissioner said.

"The Glades area is one of the hardest to count areas," Commissioner Roberts said. "It' s important that we get an accurate count out here, because the amount of dollars Belle Glade receives from the federal government depends on a complete count."

During the last census, Commissioner Roberts said, South Bay was undercounted, costing the city between $5-6 million dollars. The city requested a recount and found an additional 400 people, roughly ten percent of the population of South Bay. Similarly, Palm Beach County was undercounted by 27,000-30,000, which cost the county several million dollars during the last 10 years, she said.

In an effort to ensure an accurate count, census workers have been working with local officials for the last nine months to see to it that all addresses are included in the count. The Census Bureau is also working with the Salvation Army and area churches and other agencies to ensure an accurate count of the homeless.

"Where we come up short is among those who have the most need, and are also the hardest to count," Ms. Roberts said.

The Census is required by the Constitution to be conducted every 10 years. Forms will be sent to households March 1 and must be returned by April 15. Beginning April 15, and continuing through the end of April, enumerators employed by the Census Bureau will begin visiting homes that did not return a census form, as well as visiting homeless shelters and other facilities in an attempt to contact everyone who lives in the area.

Data reported to the Census bureau is confidential and is not shared with other government agencies.

"People have to be counted. It doesn't matter if they have a green card or if they're a legal or illegal resident because all people use the services the government has to offer," Commissioner Roberts said. Because of the importance of getting an accurate count, the INS has agreed to stay out of areas with large migrant populations during the census gathering process.

Commissioner Roberts said the Glades area is not alone in having a hard to count population. In the inner city areas on the coast, she said, Guatemalan, Honduran and Vietnamese residents are also very reluctant to participate in the government survey. For that reason, the census bureau is working very hard to recruit enumerators who can relate to those populations.

Enumerators will be paid $12 an hour during the census taking process. There are five sites in the Glades area where residents interested in working as a census enumerator can apply for one of the positions. Those sites are: Palm Beach Community College's Glades Campus, Ameri-Tech in South Bay, St. Paul Church of God on Ave. A, the Workforce Development Center on SR 715, and Good Shepherd Church in Pahokee. Enumerators are given a practice test to determine if they are qualified for the positions. Those interested in applying for a job as an enumerator may visit one of those sites, or apply during upcoming visits by the bureau's mobile unit.

The Census Bureau will go

See Census/Page 5

Tax increase likely for Pahokee residents

By Tracy Whirls
Associate Editor

Pahokee residents will likely face a tax increase for storm water treatment, representatives of the East Beach Water Control District told members of the Pahokee Commission at their regular meeting Tuesday night. the increase may come once construction of a new pump station and drainage system, mandated by the state, is completed.

According to Howard Searcy,, engineer for the East Beach Water Control District, storm water that has historically been pumped into Lake Okeechobee from Pahokee and other areas around the lake, will be diverted to the West Palm Beach Canal by way of a seven mile canal that will be constructed along the railroad track. Because the land is lower to the east, the district will have to install pumping stations to reverse the flow of storm water from the lake to the east. Storm water from the southern lake district bordered by SR 441 will also be diverted to the West Palm Beach Canal.

The $3.8 million in improvements in the East Beach District, financed by the state and the $25 an acre Everglades Privilege Tax paid by farmers who operate in the Everglades Agricultural Area, will begin construction in March and the new system is scheduled to be online in January, 2001.

The water district will continue to maintain the old pumping station on Bacon Point Road to be used in the event of an emergency. Mr. Searcy said if a rain event causes water levels to rise in town, the old pumping system can be used, as long as the district pumps no more than 20 percent of annual storm water flow into the lake.

Mr. Searcy explained that the program is mandated under the 1994 Everglades Forever Act, which requires that storm water that flows into the Everglades must be cleaned through a large storm water treatment area to reduce phosphorous from its current 200-250 parts per billion to 50 parts per billion.

Mr. Searcy said that while the cost of construction of the new drainage system will be funded by the federal government, land owners in the area will be required to pay for operating the system, which is expected to cost more than operating the current system, because of the distance the water must be moved and the additional cost of maintaining the existing system in the event of an emergency.

Mr. Searcy said the district is currently trying to devise a funding method to distribute the cost fairly among property owners.

Historically, Mr. Searcy said, taxpayers who own a lot in town, have paid the same amount as farmers pay for an acre of farmland. Under the new system, urban property owners will likely face an increase, based on the value of improved land and the benefit to be derived from improved drainage.

Pahokee Middle Senior High School faculty faced off against members of the girls softball team and boys baseball teams last Friday in a fundraiser game. Pictured front row, from left are; Edward Steele, Ken Law, Cassandra Moreland, Sereena Rutledge, Dara Spatz. Back row, left to right are Kelly Atkin, Anjeanette Gilbert, Sean Alex, Greg Smith, Carla Rhoden, Greg Hall, LaSheena Evans and James Scarboro. The score was faculty, four, students, one.

Public meetings set on Lake Okeechobee

The U.S. Army Corps of Engineers will host two public meetings regarding the Corps' Aquatic Plant Management Program on lake Okeechobee. This program involves the treatment of water hyacinth and water lettuce, which are invasive exotic plants, and removal or treatment of tussock material on Lake Okeechobee and the Okeechobee Waterway. The first meeting will be held on 7 p.m. to 9 p.m on Feb. 29 at the U.S. Army Corps of Engineers, South Florida Operations Office, 525 Ridgelawn Road, Clewiston. the second meeting will be held from 7 p.m. to 9 p.m. on March 1 at the Okeechobee Center Auditorium, 700 S.W. Second Avenue, Okeechobee.

Information regarding the Aquatic Plant Management Program, including invasive exotic vegetation treated by the U.S. Army Corps of Engineers, previous treatment data (chemical and mechanical) and control methods used to treat invasive exotic vegetation on Lake Okeechobee will be presented at the beginning of each meeting. A question and answer period will follow to address any questions or concerns.

Representatives from the U.S. Army corps of Engineers, Florida Department of Environmental Protection, South Florida Water Management District, Florida Fish and Wildlife Conservation Commission, and Applied Aquatic Management Incorporated will be present and available to answer questions.

Additional information may be obtained by contacting karen A. Estock, U.S. Army Corps of Engineers, South Florida Operations Office, 525 Ridgelawn Road, Clewiston, Florida, 33440, or call 863-983-8101 extension 223.

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Strawberries are a real treat, tasty and good for you

Katrina Elskin
Contributing Editor

Strawberries are in season, as evidenced by the roadside stands hawking flats of plump red berries from Plant City.

Strawberries are one of nature's wonders. They are delicious and nutritious all by themselves.

Because they are a seasonal fruit, many people consider strawberries a real treat.

Even pint-size picky eaters have been known to voluntarily consume healthy portions of strawberries.

According to the University of Illinois Extension Service Strawberry website, throughout the ages, strawberries have been connected with passion and have been reputed to have healing properties.

Some of the more interesting strawberry facts on the website include:

* Madame Tallien, a prominent figure at the court of the Emperor Napoleon, was famous for bathing in the juice of fresh strawberries. She used 22 pounds per basin.

* In parts of Bavaria, country folk still practice the annual rite each spring of tying small baskets of wild strawberries to the horns of their cattle as an offering to elves. They believe that the elves, who are passionately fond of strawberries, will help to produce healthy calves and abundance of milk in return. (If any Okeechobee area dairymen decide to try this out, give me a call and I will come and take a picture!)

* The American Indians were already eating strawberries when the colonists arrived. The crushed berries were mixed with cornmeal and baked into strawberry bread. After trying this bread, colonists developed their own version of the recipe and thus created Strawberry Shortcake.

* The first documented botanical illustration of a strawberry plant appeared as a figure in Herbaries in 1454.

* Legend has it that if you break a double strawberry in half and share it with a member of the opposite sex, you will fall in love with each other.

* The wide distribution of wild strawberries is largely from seeds sown by birds. When birds eatthe wild berries the seeds pass through them intact and in reasonably good condition. The germinating seeds respond to light rather than moisture and therefore need no covering of earth to start growing.

Throughout the ages, healing powers have been attributed to strawberries. The Romans used the berries to treat fainting, kidney stones, sore throats, gout and bad breath.

While the berries may not quite live up to that reputation as a cure-all, they do contain substances now believed to help prevent cancer. The substance in the berry that produces the red color is the same cancer-fighting substance found in tomatoes.

Strawberries also have an amazing amount of Vitamin C -- ounce for ounce more than citrus fruit.

According to the American Cancer Society, foods rich in Vitamin C may lower the risk of cancers of the gastrointestinal tract.

One cup of sliced fresh strawberries (about four ounces) has about 50 calories, 1 gram of protein, 11 grams carbohydrates, 23 mg Calcium, 12 mg Magnesium, 31 mg Phosphorus, 1 mg Selenium, 94 mg Vitamin C, 29 mcg. Folate and 44 IU Vitamin A.

(Hmm, maybe the South Florida Water Management District should check out those strawberry-eating elves and their connection to the phosphorus in Lake Okeechobee ...)

Before making any change to your diet or exercise plan, check with your doctor. This is especially important if you are on any prescription drugs. Some drugs interact badly with foods that would otherwise be considered healthy.

ER Cronicles: Get that temperature down!

Arlen R. Stauffer, MD

By Arlen R. Stauffer, MD

Old George didn't really think it was that hot.

Yes, he had been sweating quite a bit during this digging job this forenoon. And yes, he did notice that his water jug was empty before noon arrived. It was lying on its side beside his shovel.

But he only had a few more yards to dig through.

Now, it was nearly three O'clock. Old George had noticed a queasy feeling about an hour ago. He was having trouble swinging his pick; it just didn't want to come on around. He felt weak, and now even a little dizzy.

"Uh oh," George muttered as he looked down at his trembling hands.

He turned his face up into the blazing sun and closed his eyes. He stumbled back and fell onto a dirt pile.

George's truck was more than a mile away at the entrance to this field. He began staggering toward it.

"A guy found him lying by his truck along the side of the road!" Lucy, a paramedic for 15 years, provided the information as the ER team pulled old George from the ambulance stretcher onto their bed.

"He's been moaning and mumbling, but not making any sense. And he feels really warm." Lucy stepped back from the bed. "I think he was working out in that heat today; there were a bunch of tools and things in his truck."

Phil and another ER nurse set about connecting the heart monitor, as emergency physician Tammy Cortez listened to George's lungs with her stethoscope.

"Woah!" Phil stared at the thermometer in disbelief. "He's 106 degrees!"

"Yes, and did you notice he looks hot and dry?" Cortez was thinking of several possible problems that may have resulted in old George's confusion, weakness, and high temperature. "Maybe this is heatstroke." She looked up at Phil. "We've got to get his temperature down!"

Everyone jumped in to help. With two IV lines, a catheter in the bladder, a temperature probe in the rectum, an oxygen mask on the face, and the heart monitor wires in place, the ER tech was drawing blood from George's arm. One drop was touched onto the Accucheck machine. "His sugar is 110," the tech reported. "Good," Cortez responded. She had quickly gone over every inch of old George's body, which now was quietly naked on the bed. As she finished, she looked up in time to see Phil carrying the large fan into the room.

"Yes, let's get that going. Keep sponging him off, and get ice bags into both armpits and across the groin. We've got to get that temperature down!"

The cooling process continued as Cortez began the paperwork. She ordered blood and urine tests, as well as a drug screen and alcohol level. She reviewed the EKG tracing and the Arterial Blood Gas report.

Although she felt that old George's most likely problem was heatstroke, she knew that other maladies may have similar symptoms and signs, so a diligent search and evaluation was necessary. Besides, she really had no other information on this man, no family or friends to answer questions, no available past medical history, and a patient who was too confused to provide any accurate facts.

She would check everything.

"We're down to 103.4 now," Phil called from George's room. "His blood pressure is still OK."

The secretary handed some lab slips off the printer to Cortez as she returned to the room and spoke to the nurse.

"Good, Phil. We can probably remove the ice packs now, and just keep up the sponging and the fan."

She tried to talk to George again, but he still only produced gibberish.

"I hope he didn't injure his liver or kidneys too much," she said to Phil.

Phil nodded as Cortez continued. "We'll get him admitted to the ICU. I guess time will tell."

Heatstroke is the most serious form of the various heat-related illnesses. These syndromes are traditionally divided into minor illnesses, such as heat cramps and heat exhaustion, and the major, life-threatening illness, heatstroke. Nearly 400 people die in the USA each year from the effects of heat. During an episode of classic heatstroke, the core temperature of the body exceeds 104.9 degrees, and there is some level of dysfunction of the central nervous system. This dysfunction could be manifested as dizziness, irritability, combativeness, or even seizures or coma. In addition, there is often a cessation of perspiration.

VSA arts West Festival is Feb. 25

A panorama of visual and performing arts, the VSA arts West Festival 2000 will serve elementary students with disabilities at the Dolly Hand Cultural Arts Center of Palm Beach Community College at Belle Glade from 9 a.m. to 1 p.m on Friday, Feb. 25.

The festival gives more than 430 elementary children with disabilities the opportunity to showcase their achievements in the arts and to be exposed to new experiences in visual and performing arts.

Side by side, students will work with professional artists. Riley Roam and Kenny Mikey of Page Turner Productions will welcome each student on stage and introduced them to the audience. Between each student performance, Riley and Kenny will entertain with a little bit of silliness and a light-hearted message. Kenny Mikey has been known to roller blade down the aisles of the Dolly Hand Theatre. Doll making and expressive painting are two media Kianga Hanif and Windy Meyer will share with the students. Susan and David Opasik of Duck in the Truck Productions will amaze and enchant the younger festival guests with delightful puppets.

Self portraits of every style will adorn the lobby walls, art work which represents months of classroom work. Since early October, students at H.L. Johnson studied with dance instructor Susan Sanborn. For the first time ever, these students will present their dance *New Directions*. Directed by dancer, Dee Mac, students from Gove Elementary School will be "workin' at the car wash", a dance they have been working on for five months. The VSA arts Festival is more than a one day event.

It reinforces classroom learning and encourages skill enhancement as students prepare to exhibit artwork or perform before an audience.

New this year, Festival 2000 introduces a Kinder Corner for preschool visitors featuring foam paint, Mardi Gras mask making and a modeling creation station. Under the big white tent, 18 visual art booths will intrigue and excite the artist in us all.

Census, from Page 1

on the road Feb. 23, with a mobile unit at Foodland on Main Street in Pahokee from 9 a.m.-noon and at the Winn Dixie Plaza on SR 80 in Belle Glade in the afternoon. In addition, the bureau's mobile unit will be at the Belle Glade Branch Library, 530 S. Main Street, Belle Glade, March 6 at 6 p.m.; at the Loula V. York Branch Library, 525 Bacom Point Road, Pahokee, on March 13 at 6 p.m. and at the Clarence Anthony Library, 375 S.W. 2nd Ave., South Bay, March 15 at 6 p.m. Census representatives will be on hand to explain the census and answer questions. Local officials will meet with residents to explain the importance of the census and gift certificates and other promotional items will be given away. Finally, the Census Bureau will host a breakfast for religious leaders and others to get the word out about the importance of the census Feb. 29 at 9:30 a.m. at Palm Beach Community College.

For more information about the 2000 Census, phone Barbara Spence at Belle Glade City Hall, 996-0100 or phone (5610 355-2754.

Health Department initiates obesity awareness

The Palm Beach County Health Department, in conjunction with the Florida Department of Health, announced it is launching an obesity and exercise awareness campaign to counteract the increase in obesity and overweight among Florida residents.

(Obesity is described as a condition of having an abnormally high proportion of body fat. Defined as a body mass index (BMI) of greater than or equal to 30.) (Overweight is an excess of body weight, but not necessarily body fat; a body mass index of 25 to 29.5kg/m.)

Dr. Jean Malecki, director of the Palm Beach County Health Department, has instructed her employees to come up with a plan that encourages exercise, relaxation and diet. "I want to encourage all people in the county to take an active role in stopping the alarming increase in obesity in the area and I want your health employees to be the catalyst for this program."

Overweight and obesity substantially raise the risk of illness from high blood pressure; high cholesterol; Type 2 diabetes; heart disease and stroke; gallbladder disease; arthritis; sleep disturbances and problems breathing; and edometrial; breast, prostate and colon cancers. Dr. malecki added, "Prevention is the key to stopping many physical ailments and with just 30 minutes of exercise per day you can reduce body fat and at the same time diminish your chances of contracting any number of physical problems."

Area doctors received information from the Health Department, which should help inform them of the benefits of physical activity so as to better inform and encourage their patients. Florida Medical Alliance President, Emily Hill said, "Because physical activity is a critical factor in maintaining health, the Florida Medical Association Alliance is very pleased to assist in this effort."

Statistics have shown that 53 percent of Florida's residents were either overweight or obese. According to Dr. malecki, the most alarming increase is among 18-29 year olds who in the last 10 years have increased their prevalence of obesity 110 percent.

Health Department employees will be designing their program to encourage lunch time and post work activities that will aid in cardiovascular strengthening and proper nutrition that lead to good health. Area employers are also encouraged to follow the recommendations of their physicians and encourage a healthy, physically active work environment.

Further information can be obtained by contacting your local physician, health department or American Heart Association.

The Palm Beach County Health Department is a State of Florida/Palm Beach County/privately supported agency dedicated to the good health of all citizens.

Sunspots/From Page 1

Euphine'a Morris Scholarship Gospel Explosion

The Zeta Phi Beta Sorority, Inc. is sponsoring the Euphine'a Morris Scholarship Gospel Explosion on Sunday, March 12 at 3 p.m. at the Inspiration Church of God in South Bay.

Church choirs and soloists who wish to participate should contact Sharon Brown at 996-3331, Joan Bass, 996-6343 or Shirley Morris at 996-8435.

Applications for the Euphine'a Morris Scholarship are available at Glades Central and Pahokee High School in the Career Center for any young lady interested in attending the Dudley Cosmetology School or any cosmetology school.

Membership dinner

There will be a membership dinner for those interested in joining the Belle Glade Chapter of the National Wild Turkey Federation on Thursday, March 2 at 6 p.m. The event will be held at the Sugar Cane Growers Cooperative on the Fourth Floor. Socializing will begin at 6 p.m. and a dinner of barbecued chicken or ribs will be served at 7 p.m. At 8 p.m. there will be a live auction.

Proceeds from the event will benefit the local chapter. Tickets are $40 for one person, $50 for a couple. Sponsorships for the event are $250.

For tickets call Sonny Stein at 996-2617 or 992-1820.

NCAA Game Breaker 2000 Tournament

The Glades Festival of Afro Arts presents its first Game Breaker 2000 Tournament.

The committee is seeking the best Sony Playstation gamers to participate.

The tournament will take place on Saturday, March 18. Registration fee is $20 and the deadline to enter the competition is March 11.

For information or to register, contact Albert Harper III at 924-5282 or Lawanda Everett at 924-3126.

Census Bureau Road Tour

The Palm Beach County Complete Count Committee has undertaken a public education campaign for Census 2000. The Road Tour will be in the Glades on March 6, 13 and 15. On March 6 at 6 p.m. the will be at the Belle Glade Branch Library, 530 S. Main Street. On March 13 at 6 p.m. they will be at the Loula V. York Branch Library, 525 Bacom Point Road. On March 15 at 6 p.m. they will be at the Clarence Anthony Library, 375 S.W. 2nd Avenue, South Bay.

Special services at Church of God

The Church of God, 156 N.W. 9th Avenue, South Bay, is holding "Renewal Week Services" from Monday, Feb. 21 to Saturday, Feb. 26 at 7:30 p.m. each evening. The subject is "My people are destroyed for lack of knowledge" and the services will feature several Church of God speakers.

On Sunday, Feb. 27, the church will begin their annual Missionary Day Program at 3 p.m. The subject is "Come and follow me." Minister Frances Hicks, of the Lakeland Florida St. Church of God will be the guest speaker.

Talent Committee to present show

The Talent Committee of the Dolly Hand Cultural Arts Center will present "Uniting Our Communities for the New Millennium" on Sunday, Feb. 27 at 3 p.m.

This program is designed to display the talents of our youth by showcasing them through their schools. Schools from Belle Glade, South Bay, Pahokee and Clewiston will be participating. This is an opportunity to show the children how much we care, so come out and help support the children.

Tickets are now on sale. For more information contact the Dolly Hand Cultural Arts Center at 992-6160 or Sandy Mercer at GCDC, 992-9500.

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OPINION PAGE

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Responding to front page story

"I'm calling about the article in the paper concerning Mr. Beno's request for wanting to secure a grant to put a walkway around Lyons Park.

I personally think it's a wonderful idea. Several people use that park to walk around, however, it's very unsafe due to people not adhering to the speed limit in that area.

Generally, people walk when it is not so hot outside, so therefore the lighting is not good for cars to see them, which makes an even bigger hazard. So, a walkway would be wonderful.

As far as I know Airport Park does have a walkway and exercise path. If it has been allowed to grow over, I'm not sure and the city should have taken care of that. I don't know about any of the other parks, Lakeshore Park, whatever, but I do know that there is a need for a walkway around Lyons Park and I don't understand why certain city commissioners want to strike that down when it was a wonderful idea.

At another time it might be possible that a grant could be obtained to better the other parks, or whatever, but there is definitely a need. That area is highly traveled by vehicles, even though it is a neighborhood and it's unsafe for the kids to ride their bikes, to walk, whatever.

I really appreciate Mr. Beno taking the ideas of the public who came to him and I am very upset with those on the commission, or those who disagreed that this wasn't something good for the city to do.

I see here that they discussed possible funding to build a pedestrian crossover over the Hillsboro Canal at Canal Street North and Canal Street South. There is no explanation as to whether it was decided or not.

But, that's putting a crossover in one area. Why not put crossovers down the whole canal then? It's the same difference as the park issue.

Get real. You do one thing at a time where there is a need and there is a need at Lyons Park.

Thank you."

Here's where to turn

"I'm calling about a Feb. 3 Speak Out in reference to a caller's concern about the Pahokee Housing Authority.

I do have some information for this caller. If they have any concerns about the Pahokee Housing Authority they can feel free to call the Miami Department of HUD at 305-536-4456. They can speak with Ms. Owens, who is the program specialist over the Pahokee Housing Authority.

And, if they feel they are not getting the justice they deserve, they can call Washington Housing and Urban Development at 202-708-1422.

Thank you."

West Avenue A needs cleaned up

"Yes. I am a citizen of Belle Glade and I want to complain. We down here on downtown Avenue A, we pay our taxes, we pay our water bills. Each store pays $150-$180 a month in water and to keep our trash picked up.

On Avenue A the area is very dirty. The city doesn't care. When we call them complaining about it, they say they are going to send somebody to look over the problem. They haven't done anything yet, and this is a shame.

I hope you hear from the city on this.

Thank you."

Belle Glade Sanitation responds: "The Sanitation Division received four complaints in teh month of February. Two complaints were in reference to dumpster locations and the other two were in reference to the cleanliness of West Aveneu A. The complainants were advised the reason for no service on the two days were due to assigned personnel sickness, preventing the work to be performed. Foreman Johnny Gooden responded to the complaint and personally operated the street sweeper along West Avenue A in an attempt to resolve the bussiness owner's trash concerns."

Sidewalks need fixing

"I'm calling in reference to the sidewalks down on Southwest 10th Street. They are uneven, cracking and falling apart. Some do not even have cement in some sections.

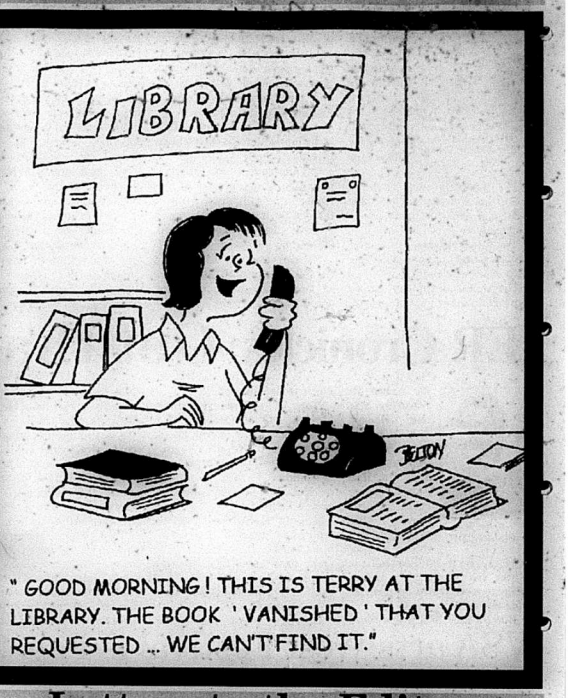
I want to know why the City of Belle Glade, with all the taxes the citizens pay, can't fix this.

Someone could easily get hurt here. I'd like some city officials to come down and take a look at this and try to do something about this.

A taxpayer in the City of Belle Glade."

Public Services responds: "The city of Belle Glde completed the reconstruciton of approximately 2 1/4 miles of city sidewalk in the southwest section within the past 12 month. The cost for these projects was approximately $500,000. The city spends approximately $30,000 yearly on routine

Speak Out continues on Page 5



Letters to the Editor

Writer offended by article

Editor's note: Normally, we don't like to re-run letters to the editor addressed to another newspaper, especially if the writer is criticising an article in that newspaper. We were asked to reconsider in this case because Mr. Killian felt strongly that he should defend Pahokee and set the record straight. Sometimes, a writer's letter does not get published in The Post and we felt the information in this letter was worthy of our reader's attention:

Dear Editor:

It's very likely I am Pahokee's newest resident, having lived here for one month as of today. As I work on getting settled in my new hometown I recently read in your paper (*The Palm Beach Post)* what can only be an example of irresponsible journalism, ie, "Stay out of Pahokee," by The Practical Man. I hardly find your opinion "practical" or true. You owe Pahokee an apology.

Most of us here in Pahokee do not have the time on our hands to "sojourn for answers" as you apparently do. We work, most having some part to play in producing the sugar, fresh fruits and vegetables you and millions of others enjoy. That is likely the reason our blue jeans are not quite as intact or relatively clean as yours so please, do not feel sorry for how ours may look. Compared to the overpriced posh homes and high-priced real estate on your side of the county, you will not find very many luxurious living accomodations in Pahokee. But we hardly live in squalor as you seem to indicate when you claim that Pahokee is made up of "ramshackle houses...naked children, idle hands and lives languishing in this fair city by the lake." Compared to the overabundance of BMW, Jaguar and Rolls Royce automobiles on your side of the county, our mode of transportation here is more of the practical variety, including the "extravagant" 1985 Chevy you mentioned in your article. These are often referred to as "working people's vehicles," a vehicle likely to be out of place on your side of the county. I do drive my 1995 Ford pickup to West Palm quite often and have yet to feel ashamed.

Pahokee is far from perfect but I for one am glad to have landed here. Given a choice, I would take Pahokee in a heartbeat compared to that sprawling crime-ridden metropolis with its clogged highways I find on the other side of the county.

We will await your apology.

Sincerely,
Cary Killian

Grateful hearts

Heaven took an inventory and found that it was short two angels, so on the 29th day of January in the Year of Our Lord 2000 A.D. just a little past noon, Patricia Louise Britt (8-24-98) and Alyssa Lynn Marie Britt (6-21-99) were called home to fill the shortage. The tragic details of their passing need not be recounted here for this open letter comes from the grateful hearts of the surviving members of both of the Britt families.

We will not try to name each one who has contributed so, so, very much, be it monetarily, physically, materially, emotionally or spiritually and the reason for not trying to name each one is a simple one, in that we are so afraid that we would miss one name and may unintentionally offend that one who was not mentioned. However, there are many who need to be thanked and hopefully this will be accepted as the notification of our heart felt thanks and undying gratitude.

First, let us thank those of you who responded to the fire itself, our neighbors and friends and the passers-by who stopped and gave so much, physically in fighting the fire and attempting to rescue the children. In our hearts you will always remain, and no one needs to feel that they did not do all that could be done, for everyone did their very best and for this we will always be grateful.

Next, we would like to thank our co-workers and friends who responded to the house and offered their comfort and support. You will never know how much these actions meant to us at that particular time. And many many thanks to the rest of our co-workers and friends who then began to send articles of food, clothing and other material items along with monetary donations. Your generosity was overwhelming. A very big heartfelt "Thank You" goes out to all of the organizations, businesses and churches who have either contributed and or organized contribution funds. And then, we come to the many people who gave so very generously to those funds. Your contributions are still coming in and they are appreciated more than you can ever know. They have helped us get through a time when money was one thing we did not want to have to worry about. Our prayers will always have a mention of you.

To those who have donated the clothing, the household articles and the other material items, you will also forever be in our prayers.

We also want to thank the volunteers who have given so much of their time to assist us in our time of need. And we would not want to forget the fire fighters and law enforcement officers who responded to and eventually put out the fire. We would like to thank the City of Belle Glade and its employees for their assistance and considerations. A very special "Thank You" goes to the Glades Funeral Chapel and its owners and employees for their assistance and their kind consideration during this very trying time.

As the parents of Patricia, along with the family of Alyssa, we would like to extend our thanks to all those friends, co-workers, acquaintances, law enforcement officers, fire fighters, city officials and anyone else who stopped by to offer support and comfort during the visitations and funerals. An incident such as this just proves the saying, "There are no strangers in this world, just friends whom we have yet to meet." Again thank you for your support and generosity and God bless all of you!

Eddie and April (parents of Patricia)
D'Lane and Misty (parents of Alyssa)

The Sun
417 NW 16th Street, Suite 6
Belle Glade, FL 33430
Phone: 561-996-4404
Fax: 561-996-2209

A PLEDGE TO OUR READERS

We pledge...

- To operate this newspaper as a public trust.
- To help our community become a better place to live and work, through our dedication to conscientious journalism.
- To provide the information citizens need to make their own decisions about public issues.
- To report the news with honesty, accuracy, purposeful neutrality, fairness, objectivity, fearlessness and compassion.
- To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.
- To correct our errors, and to give each correction the prominence it deserves.
- To provide a right to reply to those about whom we write.
- To treat people with courtesy, respect and compassion.

Brenda Bunting.....Editor & General Manager
Yvonne Jones.....Office Manager/Graphics
Tracy Whirls.....Associate Editor
Margaret Stairs.....Sales Consultant

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About letters

To voice your opinion about Glades issues, or to respond favorably or unfavorably to articles printed in the paper, we encourage you to write us a letter. Send to:
The Sun
417 N.W. 16th Street #6, Belle Glade, FL 33430

New youth pastor joins Community United Methodist Church

Steve Skelley

Steve Skelley, a self-taught Christian musician, singer and songwriter, has joined Community United Methodist Church as the youth pastor.

Skelley, his wife, Joyce Ann and their 15-year-old daughter, Steffany, moved to Belle Glade from Canton, Ohio where he was the Contemporary Music Coordinator at the Church of the Savior United Methodist.

"I'm here to make the church more relevant to youth, young adults and people with families," said Skelley.

"When I began going to church in 1979, I felt led by God to learn to play the guitar and develop a music ministry," Skelley said.

Since then, Skelley has written 50 songs, including the song for his first music video, "Closer to You."

"My style is acoustic-driven, contemporary Christian music," Skelley said in a newspaper interview in 1994. He plays the electric and acoustic guitar and the bass guitar.

Joining CUMC the first of February, Skelley says he has begun working with the youth and hopes to draw more young people into the church.

Activities planned include a one-hour, mid-week contemporary worship service geared toward youth and young adults which will have its debut service on Thursday, March 2 at 7 p.m. He is currently seeking youth to participate in the service.

A Sunday night teen ministry has already started at Community United from 5:30 to 7:30 p.m. which includes spiritual lessons, fun games, youth oriented live music and snacks.

Other events planned for the youth includes a trip to the Katinas Concert in Fort Lauderdale on Thursday, Feb. 24 and a family picnic this Saturday.

On March 4, he plans to take the youth to see Mark McGuire's St. Louis Cardinals play against the Montreal Expos in Jupiter.

Skelley, who is also an avid tennis player and teacher, says he wants to use his gifts as a tool to reconcile people to God. He plans to give free tennis lessons to area youth.

The youth are also planning to participate in the Black Gold Jubilee Festival's volleyball tournament and the church will also have a booth at the Jubilee.

Contrials were studied during WWII

Mike Lyons

It was an afternoon meant to be lying in a hammock. The sky was clear, the temperature was very comfortable and a fresh breeze was blowing across the backyard. Yes, the hammock was definitely the place to be.

After all, I had finished all my chores. The grass had been cut, the weeds had been whacked and the sidewalk had been cleaned. Now, it was time to relax on this beautiful afternoon in my brand new hammock.

The hammock turned out to be even more comfortable than I had imagined. I was just about to doze off into a blissful sleep when I noticed it. High above me in the baby-blue sky was a jet, producing a gorgeous contrail across the sky.

A contrail is a plume of condensed water vapor in the exhaust trailing behind a high-flying aircraft. Contrail is short for condensation trail.

First discovered in World War II, B-29 pilots didn't like contrails because they often gave away their position. In fact, contrails were studied intensively during the Cold War since they often revealed high-flying bombers and reconnaissance aircraft.

Today, research meteorologists are investigating contrails because they may be changing our weather.

For centuries, we have been inadvertently changing the weather just by going about our daily activities. Cities are warmer than their rural surroundings, the air is dirty because of soot and smog, the smoke stacks of oceangoing ships often produce clouds and precipitation seems to be higher downwind of cities.

In recent years, scientists have warned of global warming because of an increase in greenhouse gases, while others blame a hole in the ozone on the increased use of aerosols and land-use changes.

Now, there is concern about contrails. There are so many contrails along some major jet flyways that scientists have noticed an increase in cirrus clouds.

Cirrus clouds are the highest clouds in the atmosphere. Typically located at altitudes between 16,500 and 50,000 feet, cirrus clouds are composed of ice crystals. They have a feathery, silky look resembling a lock of hair.

Scientists are concerned that an increase in cirrus clouds may lead to a change in local climate. One study, for example, discovered that Salt Lake City became a warmer place to live during the 1970's because of an increase in cirrus clouds, clouds that may have formed because jets frequently flew over the area.

Recently, scientists went back to Salt Lake City to continue their research. Their preliminary results were surprising: an increase in cirrus clouds, again tied to frequent jet traffic, led to a decrease in annual temperature in Salt Lake City.

"The potential for regional climate change appears to exists", said Kenneth Sassen, of the University of Utah. "Yet, the impact of jet aircraft and their resulting contrails remains unclear." In other words, contrails seem to affect the climate but scientists still aren't sure how.

Sassen's team hopes to learn exactly how with more research. They also want to know if contrails could turn a regional climate change into a global one.

The next time you lay back in a hammock to watch the clouds roll by and a jet produces a contrail, you'll know that contrail is generating more than just a pretty picture, it could be changing our weather.

CRIME STOPPERS

Lonnie McFadden

Crime Stoppers of Palm Beach County, Inc., is asking citizens to help locate **Lonnie McFadden** who is wanted for aggravated battery on a pregnant woman and violation of probation for driving while his license was suspended.

McFadden is a black male, 6'3" tall, and weighs 175 pounds.

He has black hair and brown eyes and tattoos on his left and right arm and on his chest. He goes by the name "Cooter Man." His date of birth is February 26, 1974.

His last known address was 830 Padgett Circle, Pahokee. His Social Security number is unknown and his last occupation is also unknown. His warrant was active as of February 15, 2000.

If you know the whereabouts of **Lonnie McFadden** or anyone involved in a serious crime, call Crime Stoppers at 1-800-458-8477. You can remain anonymous and still receive a cash reward if your tip leads to an arrest.

Arrest Blotters

Editor's note: *The police news on this page lists arrests, not convictions, unless otherwise stated. Arrested persons who later are found not guilty or have had the charges against them dropped are welcome to let us know. We will confirm the information and print it.*

BELLE GLADE

The Belle Glade Police Department handled 632 complaints and gave 39 traffic citations the week of February 14-20.

Those arrested included:

February 14 - No arrests made.

February 15 - Juvenile, 16, trespassing, retail theft nd dealing in stolen property; **Juvenile,** 15, retail theft and dealing in stolen property; **Shane Griffiths,** 21, sexual battery on a person under th age of 12; **Juvenile,** 13, grand theft; **Juvenile,** 14, grand theft auto; **Juvenile,** 13, burglary.

February 16- Cassandra Simmons, 42, felony retail theft; **Juvenile,** 17, grand theft auto; **Juvenile,** 15, grand theft auto; **Javer Singleton,** 25, aggravated assault with a deadly weapon; **Corey Fredrick,** 22, aggravated battery with a motor vehicle.

February 17 - Juvenile, 11, battery; **Juvenile,** 9, battery; **Juvenile,** 11, battery; **Rudolph Jackson,** 43, violation of probation; **Corey Fredrick,** 22, aggravated battery with a motor vehicle and grand theft auto.

February 18 - Selina Dial, 32, failure to appear on charges of hitchhiking; **Shimera Pace,** 26, domestic battery; **Tommy Williams,** 19, possession of marijuana under 20 grams; **Hazel Pace,** 46, aggravated domestic battery; **Robert Canty,** 36, failure to appear on charges of petty theft and possession of marijuana; **Horace Simeus,** 53, stalking.

February 19 - Macy Hopkins, 37, aggravated domestic battery; **Willie Roberson,** 53, petty theft and resisting arrest without violence; **Pedro Tapia,** 51, obstruction by a disguised person; **Bysha Hills,** 21, retail theft; **Francisco Valencia,** 32, domestic assault.

February 20 - Jose Morodoza, 26, carrying a concealed firearm; **Freddie James,** 34, attempted second degree murder; **Andres Lopez,** 32, disorderly intoxication; **Charles Patrick,** 25, resisting arrest without violence.

February 16 - Joan Vaillancourt, 32, two warrants for failure to appear in court.

February 17 - No arrests made.

February 18 - No arrests made.

February 19 - Joseph Holmes, 42, possession of cocaine, possession of drug paraphernalia and tampering with evidence.

February 20 - Jerome Powell, 50, trespassing after warning.

SOUTH BAY

The South Bay Police Department made 6 arrests the week of February 13-19.

Those arrested included:

February 13 - Michelle Metz, 27, possession of marijuana under 20 grams and possession of drug paraphernalia; **Virgil Rynyon,** 34, warrant for failure to display auto tag.

February 14 - No arrests made.

February 15 - No arrests made.

February 16 - Audley Johnson, 38, possession of marijuana under 20 grams.

February 17 - Velinda Sue White, 35, warrant for the pre-trial on changes of possession of cocaine; **Albertha Fowler,** 40, aggravated assault with a deadly weapon and domestic assault; **Eugene Donnis Johnson,** 39, warrant for failure to appear on charges of disorderly intoxication.

February 18 - No arrests made.

February 19 - No arrests made.

PALM BEACH COUNTY SHERIFF'S OFFICE

The Palm Beach County Sheriff's made 4 arrests the week of February 14-20.

Those arrested included:

February 14- No arrests made.

February 15- No arrests made.

February 16 - Juvenile, Belle Glade V.O.C.C. burglary of a structure; **Levar Antonio Tensley,** 21, South Bay, aggravated battery on a pregnant woman.

February 17 - No arrests made.

February 18 - Clifton Dunaway, 24, Pahokee, aggravated battery; **Dexton Gibson,** 26, Belle Glade, DUI and driving while license suspended.

February 19 - Nelson C. Boyce, 22, Pahokee, possession of cocaine.

February 20 - John Williams, 52, Miramar, DUI; **Eugenio Gomez,** 45, Belle Glade, aggravated domestic battery;

February 21 - Carmen P. Vasquez, 22, of Belle Glade, c.o.c. aggravated assault with a deadly weapon, VOP battery, resisting without violence; **Jose Guadalupe Rodriguez,** 39, Canal Point, domestic battery; **Deborah Stanley,** 32, Belle Glade, aggravated assault.

PAHOKEE

The Pahokee Police Department handled 124 calls, issued 6 traffic citations and made 7 arrests the week of February 14-20.

Those arrested included:

February 14 - Melvin Bumington, 46, disorderly intoxication; **Peter Herbert,** 43, simple battery.

February 15 - Juvenile, 17, warrant for failure to appear in court; **Robert D. Watts,** 23, simple battery and warrant for violation of probation.

Speak Out/From Page 4

maintenance of sidewalks. The southwest street sidewalks will cost approximately $50,000. This priject will be considered for next year's budget.

The Public Services Department appreciates all concerns. If there are any additional questions, pelase fee free to contact the Public Services Department at 992-1619."

Food not fit to eat

"I'd like to why Glades Central High School and the Palm Beach County School Board allows our kids to eat two pieces of bread and a serving of broccoli for lunch? Over on the coast they give food like chicken parmesan, meat loaf and everything else.

Our kids get two pieces of bread with a side order or broccoli, just thrown on the tray. They don't put their food on plates. They don't put it on paper napkins or anything. They throw the food right on the tray.

It looks like dogs could eat it. The children are people, they're not dogs, so please, I'd like an answer as to why our kids get different food than the kids on the coast.

I wouldn't even feed that food to my dogs. Why hasn't Dr. Grear done something about this? I'd like an answer please."

Editor's note: We gave this Speak Out to Dr. Effie Grear, principal at Glades Central over two weeks ago. She did not respond. She may have felt that this caller's comments were just too outrageous to even respond.

GIANT LEAP YEAR CELEBRATION

1998 Chevrolet Silverado Extended Cab
One owner, P. Windows & Locks, 17K Miles, Auto, A/C. Super Clean!
$19,599

1998 Camaro
Auto, A/C, P. Windows & Door Locks, Aluminum Wheels, CD. One Owner.
$13,599

1997 Chrysler Town & Country LXi
7 Passenger, Leather, Loaded Too Nice to Describe! A Steal At...
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$14,999

1996 Buick Century Custom Sedan
27000 Miles, One Owner. Carriage Roof. P. Seat, Loaded with Much. Much "Moore"
$10,999

1996 Pontiac Grand Am SE Coupe
49K Miles, V6, Auto, A/C, P. Windows & Locks
$8,599

1993 Oldsmobile Cutlass SL Coupe
Tilt, Cruise, P. Windows, P. Locks. One Owner.
$5,599

1997 Mitsubishi Eclipse RS
One Owner, Auto, A/C, Aluminum Wheels, Spoiler.
$10,999

1997 Ford Taurus GL Sedan
Loaded! P. Windows & Locks, Tilt, Cruise.
$9,699

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Stephanie Marie Lockhart and Donald Blaze Thompson

Lockhart-Thompson to wed

Donald Blaze Thompson and Stephanie Marie Lockhart announce their engagement.

The bride is the daughter of James and Mary Douglas of Wellington and Douglas and Lori Lockhart of Lake Placid. The groom is the son of Don and Alice Thompson of Pahokee.

The bride graduated from Glades Day School in 1994 and graduated with a bachelor's degree in Early Childhood Education from the University of Central Florida in 1997. She is currently employed as a K-1 teacher at Gove Elementary School and the JV Cheerleading Coach at Glades Day School.

The groom graduated from Pahokee High School in 1988 and earned a bachelor's degree in Elementary Education from the University of Central Florida in 1993. He is employed as a fifth grade teacher at Pahokee Elementary School and is a varsity football coach at Pahokee Middle Senior High School.

The couple plans to marry in July, 2000 and settle in the area.

We want your photos!

When submitting photos with birth announcements, engagements and other social news items, please include a self-addressed stamped envelope so we can promptly return your photos to you.

Mu Rho Omega celebrates black history

Mu Rho Omega Chapter of Alpha Kappa Alpha Sorority, Inc. celebrated their seventh annual Black History program on Feb. 13 at Mt. Zion African Methodist Episcopal Church. The chairperson was Sharon Brown. Mistress of Ceremonies and honorary member, Mrs. Shirley Morris.

The Mt. Zion Adult Choir sang "Give Glory to God Saints" and "Trouble in My Way." Mrs. Marion Garner prayed and Harva Miller-Tate sang a solo. SaMaya Robinson and Jasmine Rutledge from St. John Baptist Church did a Liturgical praise dance. Pamela Flowers, Chelsea Moreland, Patricka Moreland, Melissa Pass, LaTangy Canty, Elisa Gossett, and Tim Abrams modeled African attire. Earnest Williams read a poem, "In Times Like These," written by Sharon Brown and Tameka Hanna, who cheers for Glades Central High School, did a cheer for Jesus.

An oratorical was performed by De'Andra Hawk. Melissa Pass performed a liturgical praise dance and the Morning Star Choir sang "We Shall Overcome," while the offering was collected by Erica Bass, Frederick Bass and Maude Vereen. An old fashioned/personal testimonial skit was portrayed by the Girls of Clewiston.

Valerie Moreland introduced the speaker for the occasion and Cathy Jackson sang a solo, "Yes, God is Real." Steve Wilson brought an uplifting message to the people of all ages, "I Didn't Come to Tell You This or That."

Please see BLACK HISTORY/8

The Archonettes sponsored by Zeta Phi Beta Sorority, Inc. attended their second annual state conference in Orlando. These young ladies from Belle Glade, Pahokee and South Bay represented the area well. They brought home three awards: The Most Archonettes in Attendance, third place in the Geography Bowl and tied for first place in the Trivia Bowl.

Students from schools in area four made history in the year 2000. They were among the first to go to Washington D.C. with the Safety Patrols in the 21st Century.

Shown here are girls from Pahokee Elementary and boys from Glade View Elementary at the Franklin D. Roosevelt Memorial in Washington, D.C.

At Palm Beach Community College, we'll show you how to train for a high demand career.

PBCC's Workforce 2000 Kickoff

and

Community/NFL Rap Session

Meet the NFL players, rap with them and get their autographs.

Saturday, Feb. 26 • Noon to 2 p.m.

Palm Beach Community College

Belle Glade

Look Who's Coming:

Roosevelt Blackmun, *Cincinnati Bengals*;
Jimmy Spencer, *San Diego Chargers*;
Willie Jones, *St. Louis Rams*;
Tyrus McCloud, *Washington Redskins*;
Johnnie Rutledge, *Arizona Cardinals*;
Jesse Hester, *formerly with the Indianapolis Colts and the Oakland Raiders*

Free Refreshments

Prizes

Music

PBCC at Belle Glade
1977 College Drive

For Information, Call:
(561) 992-6180

Pahokee would like to extend beautification efforts beyond the marina

By Tracy Whirls

After giving the go ahead to a number of projects aimed at making the marina more attractive to tourists, the Pahokee Commission will consider what can be done to extend the beautification efforts beyond the marina.

At their regular meeting last Tuesday Commissioner Keith Babb asked that the city manager and staff identify the most blighted areas of the city and devise a plan to beautify those areas with whatever resources the city could afford to dedicate to the effort.

The commissioner said he would like to see the city plant some flowers or shrubbery or install trash containers in those areas.

"If we could take some small step, perhaps create a mini park in the area, but figure out what we can do to put a stamp on the area to show residents that we're making progress," Commissioner Babb said. "When tourists ride up to the lake area have have to come from somewhere, and some of these areas are on the main roads into here. The chain is weak there."

City manager Ken Schenck said that the city is working to get rid of some of the old buildings downtown, noting that two or three abandoned buildings are scheduled to come off the land available tax list, which will make them eligible for the city to take over.

Mr. Schenck also noted that the $1.5 million sidewalk installation project on Barfield Hwy., 4th and 3rd streets, funded by the Florida Department of Transportation, is underway and has been a great improvement in those areas. In response to a question from Commissioner Babb, Mr. Schenck said a sidewalk replacement project, funded by the city, at St. John's AME has been scheduled, but had been postponed during clean up following Hurricane Irene and other projects.

Pahokee Mayor Alvis Davis applauded Mr. Babb's idea and volunteered his assistance with any projects, but asked where the city would get the money for an extended beautification project.

"Are we going to take the money from the police department or the utility department? If we can't do it with grant money, I don't know if we'll be able to do it," Mayor Davis said.

In other business, Mr. Schenck said work is set to begin on repairs to city buildings that were damaged during Hurricane Irene. The contractor has begun work on the motor pool and materials have been ordered to repair the gym roof, although it could be 4-6 weeks before they arrive and work can begin. Work to replace the lights at the Pahokee Marina, which has been delayed when the insurance company balked at the damage estimate, will be further delayed while the city goes out for bids on the project, expected to cost $15,000.

In a related matter, Mr. Schenck said the city will pursue a second FRDP grant to install a new floating dock for the marina to replace the old covered dock, but it could be two years before the funding is available. Commissioner Pete Moore had expressed concern about the condition of the dock, one side of which is not used because of the difficulty boaters have in tying up to it. "It's really an eyesore and we need to tear it out," Mr. Moore said.

In his report to commissioners, Mr. Schenck said work on the reconstruction of SR 715 will begin in Belle Glade in March and crews expect to begin work in the Pahokee area in April. The scope of work will include replacing the Pillsbury Canal Bridge, which is expected to force motorists to bypass that area for six months during the bridge's construction.

Commissioner Moore noted that closing the bridge will require residents that live beyond Airport Road to drive back to Hooker's Highway to reach Pahokee. "It's going to be a disaster," Mr. Moore said.

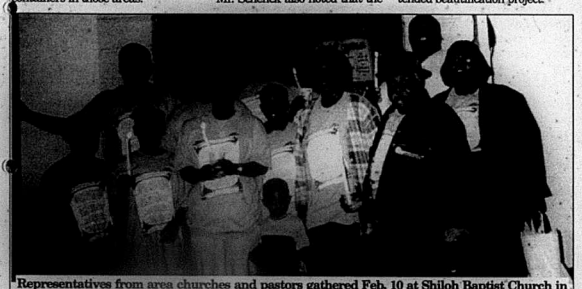
In other business, the commission:

- Approved a lease agreement with Emilio Perez to lease 10 acres at the Farmer's Market for five years, at a cost of $500 a month for the first year, and increasing by 10 percent each year thereafter. Under the terms of the agreement, either party can terminate the lease after 180 days notice, and Mr. Perez will provide $1 million in liability insurance for the facility.

Mr. Perez, who plans to use the site as a transfer/cleaning facility for wood chips used as an energy source by Okeelanta, said he is also working with the University of Florida to determine whether or not the chips can be used as mulch. If testing over the next six months is successful, Mr. Perez said, he may approach the commission about locating a mulch-bagging operation at the site.

- Approved purchasing recycled tire material from South Florida Tire, using $11,000 in funds from a Solid Waste Authority grant, at a price of $289 a ton to use as playground safety material at the city park, Martin Luther King park and other facilities as its available.

- Asked Mr. Schenck to try to identify another city building that the Alzheimer Community Care Project could utilize for its adult day care program, after receiving complaints from other groups who would like to utilize the Olde Towne Center facility.



Representatives from area churches and pastors gathered Feb. 10 at Shiloh Baptist Church in Pahokee for the second Ship Spirit 2000 Outreach revival. The next SHIP Street Outreach Revival will be held March 9 at 6:30 p.m. at the First Born Church of the Living God, 525 S.W. 6th Street, Belle Glade. For more information, contact Melva Webb or Sandra Daniels at (561) 996-1600.

THE SABBATH - FOR THE CHRISTIAN?

By Robert Bauer

In Exodus 20 we can read the Ten Commandments given by God to Moses while he was on Mount Sinai. The fourth commandment concerns the Sabbath. Notice the inspired words written by Moses, "Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it" (Exodus 20:811). What is the Sabbath? Must Christians keep it as some would affirm?

WHAT IS THE SABBATH?

The word translated Sabbath in the Old Testament means literally, "repose" or a ceasing from exertion. Thus in Genesis 2:3 when we read, "Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made," the inspired writer is telling us that God ceased from His creating process. The word translated "rested" is a form of the word that is elsewhere translated "Sabbath". Also, from the same text we learn that when one speaks of "the Sabbath" he is referring to the seventh day of the week, which is Saturday.

MUST A CHRISTIAN WORSHIP ON THE SABBATH?

Some would affirm that since it is recorded that God spoke theses words at the dawn of creation then the setting apart of the seventh day of the week as a holy day began at creation. Consider, however, that Israel in the wilderness was told not to gather manna on the Sabbath (Exodus 16:5, 26). If God had previously set the Sabbath aside as a holy day why would He need to inform them of it at that point? It seems that they did not recognize it as a day of worship and it was new to them. In fact, Nehemiah 9:13,14 proves that the Sabbath as a special, established day was "made known to them" when God gave the law to Moses on Mt. Sinai. It was then that it became a set day of worship. Thus the idea of God instituting the Sabbath as the day of worship from the dawn of creation is a misconception.

The Ten Commandments were part of the law given to Israel through Moses by God. Sabbatarians, those who believe that one must worship on the Sabbath, claim that the Ten Commandments were separate from the Law of Moses, or the old covenant. However, it is said of God, "And He wrote on the tablets the words of the covenant, the Ten Commandments," (Exodus 34:28). Thus Scripture reveals that God considered the Ten Commandments as part of the old covenant and not standing separate from it.

The Law or Covenant of Moses was abolished in favor the of the Gospel of Grace. Since Christ is our eternal High Priest and He being of the Jewish tribe of Judah and not the priestly tribe of Levi, we are told, "For the priesthood being changed , of necessity there is also a change of the law." (Hebrews 7:11,12). Paul in the letter to the Galatians wrote, "Therefore the law was our tutor to bring us to Christ, that we might be justified by faith. But after faith has come, we are no longer under a tutor." (Galatians 3:2425). Colossians 2:14 tells us that the law was nailed to the cross. Thus Paul could confidently write the Corinthians, "For if what is passing away was glorious, what remains is much more glorious." (2 Corinthians 3:7-18)

It is clearly presented in the Scriptures that the Ten Commandments were part of the old covenant and that coveriant was abolished and replaced by a new covenant (Jeremiah 31:31-34, Hebrews 8:6-13). This new covenant is the Gospel of Grace, the Gospel of Christ.

SOME OBJECTIONS ANSWERED

Even with this insurmountable evidence there are those who would voice various objections. One objection is, "If the Ten Commandments are abolished then we are without law, and may do as we please?" However, Paul asked in his letter to the Romans, "Shall we sin that grace may abound? God Forbid!" How shall we who died to sin live any longer in it?" (Romans 6:1-2). He also wrote to the Philippian Christians, "Let your conduct be worthy of the gospel of Christ," (Philippians 1:27). Another would say, "In Creation, God 'blessed the seventh day, and hallowed it'." (Genesis 2:2,3). Even so, God did not establish it as a day of worship, and although he blessed it and set it apart, we cannot correctly infer that the Sabbath was to be the day of worship. Sabbatarians might say that the Sabbath was given as a sign between God and His people. That is true, but only between himself and the Israelites, or Jews - not the Gentiles. Exodus 31:16,17 reads, "Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed."

The Scriptures are clear, the Sabbath as a day of worship, has been abolished and all faithful children of God assemble upon the first day of the week (Acts 20:7; 1 Corinthians 16:1,2) to worship Him Who Lives.

Editor's note: Robert Bauer is the pastor of the Belle Glade Church of Christ and writes a monthly column for The Sun. He can be reached at 996-3867 or rbauer@flite.net.

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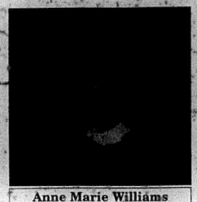
Pahokee's Williams sisters earn masters degrees

Angela Williams



Anne Marie Williams

Angela Denise Williams and Anne Marie Williams, two sisters from Pahokee, have earned masters degrees.

Angela and Anne are the daughters of Gwendolyn and Norman Williams.

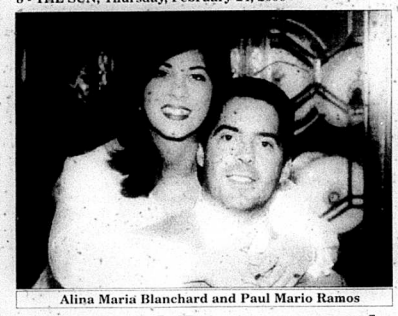
Angela, the 1985 valedictorian of Pahokee High School, completed her undergraduate studies at Harvard College in Cambridge, Massachusetts in 1990, earning a Bachelor of Arts degree in art history and design. Angela went on to further her studies at Washington University in St. Louis, Mo., earning a master's degree in architecture in June, 1998. Angela currently resides in Los Angeles and works for Perkins and Will, an architectural firm that is located in the MTV building. Perkins & Will has been named the recipient of the American Institute of Architect's 1999 Architecture Firm Award. It is the highest honor the AIA confers on architecture firms. This award recognizes a practice that has produced distinguished architecture consistently for at least 10 years. Perkins & Will has gained national recognition for transforming building programs into uncommon designs and for the design excellence of its institutional, corporate and public buildings. With offices located in Chicago, Atlanta, Charlotte, Los Angeles, Miami, Minneapolis, New York and Paris, the firm practices on an international basis and has completed projects in 49 states and 37 countries.

Anne Marie, Angela's younger sister, is a graduate of Glades Central High School. She completed her undergraduate studies at Boston University's College of Communications in Boston, Mass., earning a Bachelor of Science degree in Mass Communication and Public Relations in 1991. Anne went on to further her studies at Florida Atlantic University, earning a Master of Education degree in December, 1999.

In the fall of 1999, Anne was named the "Hello Friend" scholarship recipient. This scholarship is funded through the Weppner Family Scholarship Foundation and is written in honor of Bill Cosby's late son Enis. "Hello Friend" was a favorite greeting of the younger Cosby, who was a doctoral student at Columbia University Teachers College when he was killed. The scholarship is a $5,000 award. Anne will receive $1,000 for five semesters to further her studies in the college of education. She has applied to doctoral programs at Florida Atlantic University in Educational Leadership and Exceptional Student Education. She is also the recipient of the Treasure Coast Student Government essay scholarship and is currently completing the National Boards for Professional Teaching Standards.

Anne resides in Canal Point and works as a seventh grade reading teacher at Pahokee Middle Senior High School.

Their mother, Gwendolyn Williams, has been a teacher with the Palm Beach County School system for 25 years and currently teaches at Manatee Elementary School in Lake Worth.



Alina Maria Blanchard and Paul Mario Ramos

Blanchard-Ramos to wed

Alina Maria Blanchard, daughter of Agusto and Merida Blanchard of Belle Glade and Paul Mario Ramos, son of the late Dr. Pedro Ramos of Miami and Lourdes Ramos Garrido of Key West, will be married May 20, 2000 at Barry University Cor Jesu Chapel in Miami.

The bride is a 1993 graduate of Glades Day High School and a 1997 graduate of the University of Florida, where she earned a bachelor's science in psychology. She is presently attending Florida International University seeking a master's degree in business administration. Miss Blanchard is employed by Galloway Therapy Service.

The groom is a 1980 graduate of Columbus High School and a 1994 graduate of Florida A&M University with a bachelor's degree in physical therapy. He owns and operates Galloway Therapy Services.

Mr. and Mrs. Richard Tucker

Harper-Tucker wed

Linda Harper and Richard Tucker united their families when they became husband and wife on Sunday, Feb. 13.

The bride is the daughter of Sylvia Harper Wilson of Belle Glade. The groom is the son of Mr. and Mrs. Edwin Tucker of Belle Glade.

The bride's brother, Rev. Vance Harper of Riviera officiated during the ceremony at St. John' First Missionary Baptist Church immediately following the morning worship service.

Following the nuptials, family, friends and the congregation took part in a reception in the church's dining hall.

Laureate Gamma Zeta treated to Valentine's party

Echo Painter entertained the Laureate Gamma Zeta Sorority at a gala Valentine party at her home that was beautifully decorated with flowers, cherubs, angels and candles. She prepared a five course dinner with formal place settings that were the talk of the evening.

Some of the guests related stories of how they met and married and an aura of remembrance and love was present. The hostess gave each member and spouse a remembrance gift as the guests departed. The party will long be remembered as a very special event. Secret sisters exchanged some very lovely gifts.

West Tech to offer Academy of Culinary Arts this fall

The Academy of Culinary Arts will be offered at West Tech during the 2000-2001 school year. This Academy will offer high school students an opportunity to train for a variety of careers in the high demand field of food service. Academic and technical students will be integrated, emphasizing instruction in quantity cooking, baking and pantry work. Practical work experience will include menu preparation, sanitation, purchasing, safety and restaurant management. Upon completion of this program, students will be prepared for employment in the food service and hospitality industry and in nutrition and dietetic services and will be awarded a College-Ready Diploma.

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For more information, please call West Technical Education Center at (561) 996-4930.

Former football player, coach to speak at New Resurrection Institutional Baptist Church Sunday

The New Resurrection Institutional Baptist Church family wishes to invite you to worship with them Sunday morning, Feb. 27 at 11:30 a.m. This service will be in observance of National Black History Month.

The guest speaker will be Mr. Carroll Williams, owner/administrator of New Horizons Educational Institute, Inc., Miami. Mr. Williams is also a retired professional football player and a coach with the Univeristy of Miami.

These are only a few of his professions. Most important, he is a child of God. His philosophy has always been "to give praise to God, from whom all blessings flow; and always pursue excellence and give your best no matter what the task."

Mr. Williams has information that every young adult needs to hear. Therefore, join the congregation at New Resurrection and be blessed through this entrepreneur. The church family looks forward to worshipping with you.

Obituaries

Sidney J. Tillman

Sidney J. "Uncle Sid" Tillman, 81, of Naples died Thursday, Feb. 17, 2000. He was the son of the late Ernest A. Tillman, Laura Upthegrove Tillman and Annie Mae Tillman.

Mr. Tillman was born Feb. 8, 1919 in West Palm Beach. He was raised in the Lake Okeechobee area and moved to Miami after serving in the Army during World War II. He settled in Naples in the 1960s. Mr. Tillman was a life member of the Loyal Order of the Moose.

Mr. Tillman is survived by his loving wife of 51 years, Mary Vereen Tillman, his son and daughter-in-law Gary and Linda Tillman, his daughter and son-in-law, Kathryn and Wayne Bergquist; grandchildren, Catherine Tillman, Melanie and Forrest Hemingway and Michael Bergquist; and great grandchildren, A.J., Amanda and Courtney Tillman and Victoria Hemingway, all of Naples and Tyler Strahs of Sarasota. Mr. Tillman is also survived by his sisters and brothers-in-law, Ada and Coleman Conley of Port Mayaca, and Vangie and Clyde Platt of Satellite Beach; and a brother and sister-in-law, Ernest and Carol Tillman, Jr. of Key Largo, a large extended family and many dear friends. He was preceded in death by his brother, Vincent Tillman in 1916 and his son, Sidney Tillman, Jr., in 1976.

Funeral services were held Monday, Feb. 21 at Walter Shikany's Bonita Funeral Home with the Rev. Sam Conley officiating. Graveside services and interment were held Tuesday, Feb. 22 at the Port Mayaca Cemetery.

Love offering supports Morris Scholarship

BLACK HISTORY/From 6

Sharon Brown presented certificates to Mr. Wilson and host pastor I.S. Jones. The Love Offering was given to Shirley Morris in honor of Euphine'a Morris Scholarship for any young male or female interested in attending Dudley Cosmetology or any cosmetology school. Latrenia Bass, the Basileus for Alpha Kappa Alpha Sorority gave remarks and everyone joined hands and sang The Black National Anthem/Lift Every Voice and Sing.

Thanks to all who participated and supported this program.

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Branch Pres. Ramon Polanco

CHURCH OF THE LORD JESUS CHRIST OF THE APOSTOLIC FAITH
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Deacon Herbert Waters

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Elder James C. Hall

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401 SW 1st Street
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Pastor Magda de la Cerda

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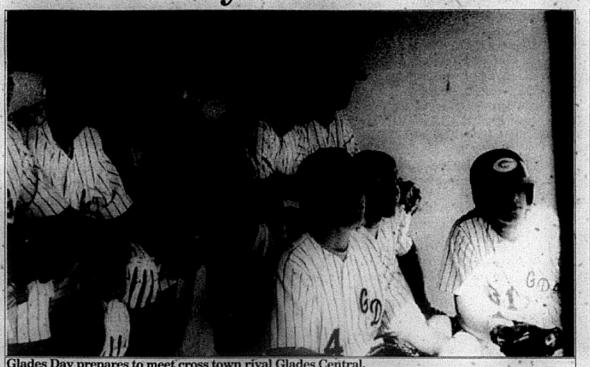
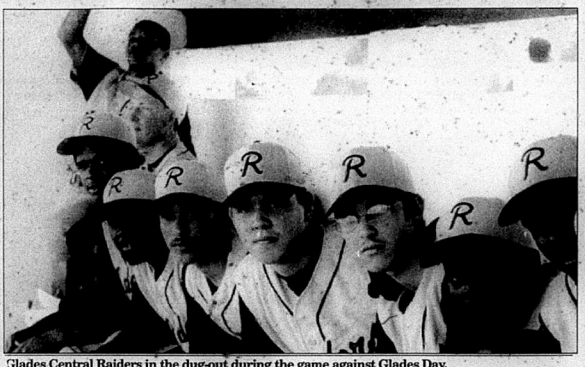
Sports this week

Glades Day Gators defeat Glades Central Raiders 13-3



Glades Day prepares to meet cross town rival Glades Central.



Glades Central Raiders in the dug-out during the game against Glades Day.

It's time to play ball!

Glades Day returns seven starters from last year's 12-8 squad, including senior shortstop/pitcher Jesse Montalto and junior pitcher/infielder Kyle McNamara.

Senior pitcher Tim Burns allowed only one hit and struck out nine in five innings as as Glades Day Gators varsity defeated their cross-town rivals the Glades Central Raiders 13-3 at home last Thursday.

On the diamond Tuesday for the Gators, shortstop McNamara went 2 for 3 with a triple and a two out grand slam in the bottom of the third inning as the Gators won their season opener against the North Broward Prep Eagles, 15-5.

In girls softball action, Carmen Paez struck out 11 and went 3 for 3 with a homer and two RBI as the Glades Day Lady Gators beat North Broward Prep, 16-6.

In other softball action around the lake, the Pahokee Lady Blue Devils lost to Lake Worth 13-0, Tuesday and fell to Benjamin Wednesday, 10-0.

The Glades Central Lady Raiders fell to Forest Hill Thursday, 17--5.

The Glades Day Lady Gators defeated the LaBelle Cowgirls 8-7, with Paez scoring a home run in the seventh last Thursday in LaBelle.

Gators pitcher Tim Burns

Lake Shore Middle makes play-off bid

The Lake Shore Middle School Roadrunners boys basketball team ended their season with a 6-3 record, after defeating Crestwood 40-25 at Lake Shore Feb. 14.

Play-offs for the middle school were to begin Wednesday, Feb. 23.

Head Coach Frank McCallum said he expects his team to do well in the playoffs.

"To win the county championship our team will have to play solid defense, allowing the other team one shot and few or no three-pointers, limit turnovers, be unselfish on offense and make sure we get the ball to the right people where the possibility of them scoring is high," the coach said. "We stress a team concept."

The coach said to bring the county championship back to Lake Shore for the first time since 1980, the team must concentrate and focus."If we do all the above, then we stand an excellent chance of bringing the boys basketball county championship back to Lake Shore," Coach McCallum said.

In last week's season-ending game against Crestwood, Albert Dukes scored 12 points, Damien Warren and Dempsey Josinvile each scored 7 points, Michael Lee and Jean Dorician contributed six each. According to Coach McCallum, Randy Phillips, Masoniek Stinfort and Vinkevus Pierre also contributed strongly defensively and offensively.

The coach said he expects those players to also perform well in the play-offs. He also expects a good showing from Alton Dowdell, Walter Tucker and the season's most improved player, a seventh grader named Kent Henderson, who has improved in such areas as doing a fundamentally sound lay-up.

Coming up in The Sun

- Ja'Juan Seider named Offensive Player of the Year
- Glades Day JV baseball, softball and tennis team photos
- Pahokee Blue Devils girls flag football
- Area track and field team photos

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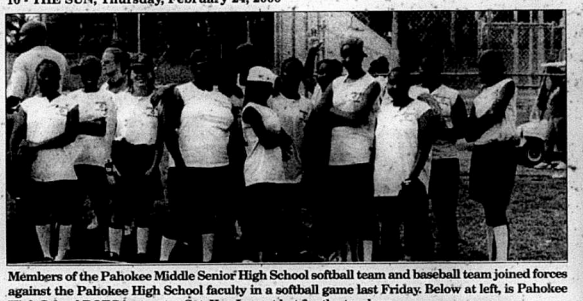

Members of the Pahokee Middle Senior High School softball team and baseball team joined forces against the Pahokee High School faculty in a softball game last Friday. Below at left, is Pahokee High School ROTC instructor Sgt. Ken Law at bat for the teachers.

Two from Glades Central advance to state wrestling championship

Two of Glades Central's Raider wrestelers, Marrio Fraser and William Beckford headed for the state wrestling championships Friday, after clinching championships last Saturday, Feb. 19 in the Class A South Regional meet.

Beckford, a second team all-district linebacker for the Raiders championship football team, earned a a13-5 decision in the 189-pound final.

Fraser overwhelmed a previously undefeated opponent 15-12 in the 160-pound division.

"Marrio has unbelievable body awareness. He seems to know where he is on that mat all the time," Glades Central Coach Frank Lasgna said following the Regionals victory.

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* SOURCES: PULSE RESEARCH MARKET SURVEY; SIMMONS MARKET RESEARCH; INI MARKET RESEARCH CENTER

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105 Auctions

AUCTION Moe Moes LaBelle Auction 75 N. Industrial Loop Rd. Off 29 S. LaBelle. Patricia Sims, Auctioneer 10% B/P. AB1764-AU-2513 863-674-0088-675-7799 Come have fun with us on Swamp Cabbage weekend. Everything from antiques to furniture to guns to tools, knifes, plus a lot more. Auction at 3pm Sat, Feb. 26th. Also yard sales all day Sat. & Sunday Feb. 26th & 27th. Consignments welcome. Plus we will be serving dinners 11am till 6pm.

145 Garage-Yard Sales

MOVING/YARD SALE 2/26/00 7am 101 NW Ave K Belle Glade, FL

150 Personals

A Beautiful Candlelit, OLD-FASHIONED WEDDING CHAPEL overlooking river, Smokey Mountains, TN. HORSE-DRAWN CARRIAGE, cabins, jacuzzi, ordained ministers, no tests. HEARTLAND (800)448-8697 (VOWS) http:// www.heartlandwedding.com

Nathaniel Hurley Purdue To Contact Sandra Georgine Purdue, P.O. Box 1954 Clewiston, FL 33440

155 Special Notices

A CULTURAL EXPERIENCE AWAITS YOU! Open your home to a foreign exchange student. Girls & boys available from various countries. Call (800)SIBLING for information www.asesouth.com

We Buy Houses & Mobile Homes, Any Property, Any Condition, For Cash, Quick Closings. 941-983-9484

205 Employment-Full Time

AIR FORCE. GREAT career opportunities available for high school grads, ages 17-27. Plus up to $12,000 enlistment bonus if you qualify! For an information packet call (800)423-USAF or visit www.airforce.com

APPLICATIONS ARE NOW being accepted at the office of the Glades County Probation Department for Deputy Probation Officer, part-time position, starting at $7.00 and up D.O.Q., 32 hours per week. Requires high school diploma or equivalent and clerical experience. General office experience with computer skills preferred. Apply at the Glades County Probation Department, P.O. Box 956, Moore Haven, FL 33471. Telephone (863)946-2843. Deadline is March 10, 2000 at 5:00 PM. EOE, Drug Free Workplace.

ATTENTION DRIVER TRAINEES needed. No experience necessary. Werner needs entry level truck drivers. Earn $500 to $800 weekly plus benefits. No CDL? No problem. (800)435-5593.

COUNTER POSITION Apply at Feathers Dry Cleaners

Case Managers, Ba required to work with Substance Abuse and children's program. $22,000. CNA's for residential program, all shifts. $6.00 per hour. Property Manager, maintenance and minor repairs on facilities & vehicles. $8.00 per hour. Send resume' or application to: West County Mental Health Clinic, 1024 N.W Ave D, Belle Glade, FL. 33430. Attention: M. Ward, or fax to: 561-992-1335.

DRIVER COVENANT TRANSPORT *Coast to Coast runs. *Teams start 35c-37c $1,000 Sign-on bonus for Exp. Co. Drivers. For Experienced Drivers and Owner Operators (800)441-4394. For Graduate Students (800)338-6428.

DRIVER-Owner Operators. Cash Fleet/ Condo Payments @ $275 with full Service Maintenance! No Credit Check, No $$ Down, Free Reefer Fuel, 72% Contract. ROCOR (800)446-4782 EOE.

DRIVERS: INEXPERIENCED TRAINING available. North American Van Lines has tractor trailer 48-state hauling opportunities for owner/ operators/temporary company drivers. Call (800)348-2147, Dept. FLS.

DRIVERS-MARTEN TRANSPORT LTD. Martin Transport Can Pay You-*1 Year-25c *2 Years-30c *3 Years-31c *4 Years-32c *5 Years-33c. Call (800)569-9232.

GENERAL LABOR - $$$ Cash today $$$ Drivers paid extra labor finders. 902-9494. 202 E. Sugarland Hwy. temp to perm available.

GIVE YOURSELF A RAISE TODAY! As an AVON Representative you determine your income. The harder you work, the more you make. Earn up to 50% of what you sell. Call (888)942-4053.

I-BEAM STEEL ERECTORS INC have immediate openings for Iron Workers/Welders in the Orlando, Titusville & Tampa areas. $10 & up per hr + per diem. Call 941-983-7170.

MARKETING COORDINATOR 100+ person SF engineering firm (www.lbfh.com). Seeking communications professional for marketing clients, public press, internally and within industry. Technical writing/ editing, presentation graphics, multimedia software, and MS Office required. Bright, energetic ideal person, deadline oriented, to work with multiple projects. Fax/email resume to LBFH-Palm City, FL. fax (561)286-3925, email Tom-V@lbfh.com.

MORTGAGE LOANS No turn downs due to credit problems in foreclosure, bankruptcy, good credit, bad credit, all acceptable. Put cash in your pocket. Call for FREE CONSULTATION. Security Trust Mortgage 1-800-550-4401

OWNER OPERATOR-GO AHEAD! Call Paschall Truck Lines Now! Ask about 83 cpm. No forced NE or Canada. Paid base+plates & permits. 1 yr. OTR, 23 yrs. CDL w/HazMat. Fleets welcome. (800)848-0405.

POSITION ANNOUNCEMENT Univ. of Florida Extension Service at the Everglades Res. & Educ. Ctr. in Belle Glade Full time (40 hrs/wk) Sr. Secretary-for District Director H.S. diploma, 3 yrs. appropriate exper. & computer literacy required. Salary range $17,748-29,524 Contact: Monika Reuter (561)993-1508.

Raulerson Hospital has a Full Time-Pharmacy Tech position. Certification & previous experience preferred but not required, will train the right person. Position offers competitive salary and excellent benefits. Applications may be picked up from Human Resources, or resume may be faxed to 941-763-2127, 1798 Hwy, 441, N, Okeechobee.

SKILLED TRACTOR OPERATORS NEEDED To apply herbicide in Citrus Groves in Hendry & Collier Counties. Must be able to maintain & operate high tech application equip. Training provided. Benefits include: full cabs, paid vacation & holidays. Salary range $8-$12/hr. Phone 863-290-8728 or 863-675-3096.

SUBSTITUTE ASSISTANT-TEACHER - Available at the South Bay Center. It is a trainee position and receives daily guidance and directions from the Lead Teacher and/or Teacher. Functions as a team member with other center staff. Qualifications, preferred: Bilingual, CDA Credential or equivalent for working with three appropriate age group 0-3 or preschool and six months experience in training pre-school children. Required High School diploma or GED and previous experience in an Early Childhood Program. (Starting salary $6.22/hour) We are an Equal Opportunity Employer. Letters of Interest/resume must be post marked no later than 03/02/00 to Education Coordinator, Lillian Curry 475 U.S. Hwy. 27 North, South Bay, Fla. 33493

Substitutes pool for childcare centers forming! Workers needed to fill a variety of positions in Glades and Hendry Counties. Substitutes will be called as needed to childcare centers to fill openings as cook, caregiver, and/or van driver or aide. Mileage plus hourly rate will be paid. Must comply with all licensing requirements. Flexibility is a must! Valid driver's license and reliable transportation is required. Why work as a substitute? Gain experience in performing a variety of tasks; work at different locations and with different people regularly, earn spending money, work a little or a lot. Fill out an application at any RCMA center or contact Rebecca Ahern at 674-4515 for more information. We are an Equal Opportunity Employer. We do not discriminate on the basis on race, religion, color, sex, age, national origin or disability.

TRAINING SPECIALIST II Position Number: 81597 Minimum Qualification: A bachelor's degree from an accredited college or university & one year of professional experience in training, eduction, staff development, personnel or an agency program area. A master's degree from an accredited college or university can substitute for the required experience. "Professional or nonprofessional experieneces described above can substitute on a year for year basis for the required college education. Essential Knwoledge, Skills & Abilities: Ability to work with a diverse population both culturally & age wise. Previous experience working with teens helpful. SPECIAL NOTE: Background Screening/Fingerprinting required. BONUS: Ability to communicate English/Spanish. Applications can be obtained at the Health Department, 325 Pratt Blvd., LaBelle; 100 E. El Paso, Clewiston, or Hwy 27 N., Moore Haven. Completed applications can be mailed to Hendry CHD, PO Box 70, LaBelle, Florida 33975. Closing date: 2/28/00. EOE/AA

Start a New Year & a New Career. Paralegal/Legal form typists needed. NO experience needed. Training & Diploma provided. Must own computer. (800)990-9635. www.TheLawClub.com

210 Employment-Medical

CNA/CMA F/T position for Workers Comp. Clinic. Mon thru Fri, 8 to 4:30. Bilingual plus. Call 983-1123 or FAX resume to 983-1137, EOE

COMMUNITY HEALTH NURSE Position Number: 829P5, Minimum Qualification: A bachelor's degree from an accredited college or university with a major in nursing or a related field and licensure as a Registered Professional Nurse in accordance with Florida Statute 464 or eligible to practice nursing in accordance with Florida Administrative Code 210-8.22 or 8.27. Special Notes: Successful completion of a drug test is a condition of employment. Background screening/ fingerprinting required. Applications can be obtained at the Health Department, 325 Pratt Blvd., LaBelle; 100 E. El Paso, Clewiston; or Hwy 27 N., Moore Haven. Completed applications can be mailed to Hendry County CHD, PO Box 70, LaBelle, Florida 33975. Closing date: 03/06/2000. EOE/AA

DENTAL OFFICE MANAGER Exp. in billing req'd. Fax resume to 561-992-4246 or call 561-992-8875.

MEDICAL BILLING CLERK PT. Fax resume to 561-992-4246 or call 561-992-8875.

Sleep while the children are in school!! Spend the evening with your family!! Work while they sleep!! Does that routine fit into your families routine? Oakbrook of LaBelle is looking for a CNA OR STUDENT CNA to fill a night position. (11pm-7am) Competitive salary in the area. 3-4 nights per week available. Apply at Oakbrook of Labelle, 250 Broward Ave. EOE.

215 Employment-Part Time

CHAPLAIN Clinical Pastoral Education and Endorsement by appropriate religious certifying body required. LIBRARIAN Library Science or Media Resources Specialist Degree required. EEO M/F/H/Veterans Employer. Call 863-946-2420 or send resume to PO Box 718501; Moore Haven, FL 33471.

COORDINATE STUDENT EXCHANGE PROGRAM from home. Work with exchange student, host family, schools. 1-888-PALS747.

MERCHANDISER AG Cards, 15 hrs/wk. $6.15/hr. Reliable, days only. 1-800-543-4110 TER1516.

PROGRAM SPECIALIST Two part-time positions open as Program Specialists for the Boy Scouts of america. No experience necessary but helpful, will train. Equal Opportunity Employer. Needs to be dependable, honest good with kids; and organized. Relatively flexible schedule. $8/hr. approximately 12-15 hours a week. Responsibilities: Conduct Cub Scout Pack Meetings or Boy Scout Troop meetings - at local schools Accomplish rank advancements Keep records of attendance, activities, and advancements Meet weekly with supervisor For information and scheduling an interview contact Alasha McElroy at 561-694-8585 ext. 226 or 561-213-2290.

PT 20HRS, M-F, 9AM-1PM BILINGUAL WORK WITH PEOPLE APPLY TO: CENTRO CAMPESINO 516 AVENIDA DEL MAIZ SOUTH BAY 996-3988

225 Job Information

EARN $40k PER year. Easy medical billing for local physicians. Full support. Computer and modem required. Call (888)660-6693, ext. 181.

GOV'T POSTAL JOBS-UP to $18.24 hour. Now Hiring for 2000. Free call for application/ examination information. Federal Hire-Full Benefits: (800)598-4504 extension 1401: (8AM-6PM C.S.T.)

POSTAL JOBS $48,323.00 yr. Now hiring-No Experience-Paid, Training-Great Benefits. Call for lists 7 days. (800)429-3660 ext. J-800

RESEARCH PEOPLE NEEDED To evaluate customer service. Reply via our website www.bmitb.com

305 Business Opportunities

DO YOU EARN $800 in a day? Your Own Local Candy Route. Includes 30 machines and free candy. All for $9,995. Call (800)998-VEND. AIN98-040

310 Money Lenders

BEEN TURNED DOWN? Need a home loan? BK's,Foreclosures, late payments-it's OK! Purchase, Refinance, Debt Consolidation, Home Improvement. Call Now! Platinum Capital. (800)699-5653 www.platinumcapital.com

CASH IMMEDIATE-$$$ Upfront cash for income streams from Private Notes, Real Estate,Annuities and Insurance Payments Viatical Settlements. Call Wendy at J.G. Wentworth (800)454-9368.

MORTGAGE LOANS NO TURN DOWNS DUE TO CREDIT PROBLEMS IN FORECLOSURE, BANKRUPTCY, GOOD CREDIT, BAD CREDIT, ALL ACCEPTABLE. PUT CASH IN YOUR POCKET CALL FOR FREE CONSULTATION. Security Trust Mortgage 1-800-550-4401

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A COUPLE & SOME NAILS #RB-0067031 Licensed & insured State registered. Hendry County, building contractor. Remodeling repairs new construction and painting. Call Kim Hord 863-675-8831.

APPLIANCE SERVICE BY JIM (941)983-0965 or 983-5877.

ENTHUSIASTIC COUNSELOR/ TEACHER 7 years experience with children & teens, is available for tutoring in most subjects. Flexible evening hours in home or local library. Call 392-0340, Clewiston.

515 Appliances

REFRIGERATOR, AMANA white, good condition. $60. Call 946-3953.

STOVE - gas. $50. Call 946-3953.

540 Building Materials

HUGE WINTER STORM DISCOUNTS! Factory Overflowing with Inventory! Save Thousands on 25x30, 30x60, 40x50, 50x110. Great Workshops/ Garages. Financing Available. Call 1-800-341-7007. www.steelmasterusa.com

Steel buildings, new, must sell. 40x60x14 was $17,500 now $10,971. 50x100x16 was $27,850 now $19,990. 80x135x16 was $79,850 now $54,996. 100x175x20 was $129,650 now $78,850. Call 1-800-406-5126.

575 Collectibles

NEED CASH? I buy old coins, guns & pocket watches. Call (561)996-9400.

580 Computer-Video

COMPUTER SPECIAL! Only $39.95-$49.95 Monthly Factory Direct Systems... Includes Internet Service! Past Credit Problems OK! EZ Qualifications! Guaranteed Financing* Available. 24 Hour Approvals. (800)231-4422.

DELL COMPUTERS...Factory-Direct. $0 down. Low Monthly payment. Pentium III-600 available. Resolved Credit Problems OK! Call by Feb. 25, for free Internet access. * OAC (800)477-9018 code HN08.

610 Furniture

DRESSER - Large, 6 drwr. w/ mirror. White w/silver trim. Pd. $375 in Badcock. Will sell for $125/neg. (863)983-8768.

FUTON like new. $100. (863)946-3371

SOFA & CHAIR, beige. $75. Call (941)983-1386.

620 Health & Reducing Equipment

HERPES-EverCLR. Stops Herpes Outbreaks! 96% Success Rate. Toll Free: (877)EVERCLR. Info@cwww.everclr.com

STATIONARY BIKE, good cond. $50. (941)983-1366.

655 Miscellaneous

WOLFF TANNING BEDS. Tan at home! Buy DIRECT and SAVE! Commercial/Home Units from $199.00. Low Monthly Payments.* FREE Color Catalog. Call TODAY! (800)842-1310.

660 Musical Instruments

CLARINET Selmer brand, exc. cond. $125 or best offer Call (863)983-8766.

670 Pets Supplies Services

EXERCISE TABLE - -Bike peddles. $200. Call (941)983-1386.

GET HOOK, round, & tapeworms with rotational worming. Use Happy Jack Tapeworm Tablets in rotation with Happy Jack Liqu-Vet! At Southern States. (www.happyjackinc.com)

685 Pools & Supplies

FACTORY DIRECT POOL HEATERS. Heatpump, Solar, or Gas. Major brands. New/ Used. Do it yourself or installed. Free Phone Quotes. (800)333-WARM (9276) www.solardirect.com Lic. #CWC029795.

695 Satellite

KISS YOUR CABLE GOODBYE! Only $69. Includes 18" Little Dish System. 40 channels: $19.99/mo. Toll free (888)292-4836. Won't be undersold! Money-back guarantee. FEDEX Delivery!.

725 Tools

LINCOLN WELDER - SA-250, Perkins diesel, good condition, $3,200/best offer. Call (561) 924-2000.

850 Lawn & Garden

RIDING MOWER, YARD KING - 10 HP, 30", $400. Lakeport, 941-946-6688.

905 Apartments

1 BR, 1 BA APARTMENT Avail. March 1st $300/MO + $200 SEC. DEP 863-983-4436. Clewiston

CLEWISTON - 1 BR, 1 BA. $285/mo. $200 sec. Avail. 3/1. Call 863-983-4436.

CLEWISTON - 1 BR, 1 BA. $300/mo. $200 sec. Avail. 3/1. Call 863-983-4436.

ONE ROOM EFFICIENCY full bath & full kitchen. $250/mo., includes all utilities. For single person, or couple. Call (863)946-2953.

PAHOKEE: 1BR $245, 2BR $375, 3BR $425. 1st, mo rent + 1 mo sec. dep. Call Parker Apt. 924-5493.

930 House-Rent

CHARMING 2 BR, country cottage in Lakeport for rent. Utils. Incl. $650/mo./neg. Call (863) 946-3339.

CLEWISTON Lg. 3BR, 1BA. Avail. 3/1. $450/mo. plus $250 sec. 863-983-4436.

CLEWISTON, 2BR 1BA c/a, $415 per mo, $250 sec. dep. Available March 1st. Call (863)983-4436.

CLEWISTON, 2BR 1BA c/a, $415 per mo, $250 sec. dep. Available March 1st. Call (863)983-4436.

MOORE HAVEN 2 BR, 1 BA $400/mo + $200 sec. dep. Call 941-368-6601.

MOORE HAVEN 2 BR, 1 BA, on Baker Hwy. $350/mo. + security. Call 946-3953.

945 Resort Property-Rent

ROYAL INN, 890 South Main St., Belle Glade. Daily, weekly low prices. HBO & Cable. Within walking distance of restaurants and hospitals. (561)996-3827.

950 Roommate

IN SEEK OF ROOMMATE To share expenses in 2 BR, 1 BA house. Call 863-822-7369, Katie.

960 Storage Space-Rent

NEW SELF STORAGE 46 units 7x15, 8x15, 10x15, 10x30, 12x30, 15x25. Full electric, secure on Commerce St. 3/4 ft. from Clewiston Police Dept. 983-6663, 983-2808, after hrs 983-8979.

SECURE SELF STORAGE New 58 unit facility 10'x10', 10'x15'-, 10'x20', 15'x25', 7 days/wk, all paved, all electric, long term discounts. Downtown Clewiston. Corner of Sagamoie & SanPedro. (863)983-9205.

1005 Busines Places-Sale

GREAT BUSINESS OPPORTUNITY High volume, medical center, dental center, & optical center for sale at an exceptional price. If interested call 305-218-1127 or 561-992-8875, ask for Dorie.

SOUTH BAY 40 Unit Apartment B l d g (28)2brs/1ba;(12)1brs/1ba; vacant store 561-487-8614

1015 Condos-Townhouses-Sale

TOWNHOUSE FOR SALE UNIT # 403, Bass Capital. 707 Hoover Dike Road. Unfurnished. Call 863-983-3870 or 902-2700 or 902-2703.

1025 Houses - Sale

2BR, 1BA $.2000 down. $450/mo. Call (863)983-6525.

2 BR, 1Ω BA HOUSE $82,000. $3,500 down. $750/mo. Northside. Call 863-983-6525.

8047 ELLINGTON ROAD SEBRING. Appr.1/4 Acre Canal lot w/1988 Palm Mfg. home on Lot #1, Morris Subdivision-1359 sq. ft. living space, 2 BR, 2 BA, LR/DR/ kitc. area, all appliances & furn. incl., cathedral ceilings, covered deck, screened porch, concrete drive, unattached storage bldg., mature orchard, boat shed & dock, with canal access to Istapopa Lake. Rural area, 8 miles South of Sebring. $85,000. Call 606-546-5196 or 606-546-6625.

CANAL POINT, 2 LOTS & HOUSE Suitable for inv'mt. Compl. remodeled w/Sears vinyl siding & all new appl. 2 BR, 1 BA w/12x20 Fl. room suitable for extra bed & bath. Lg. living room, DR, kitchen w/new cabinets & pantries. Shed w/cab., electricity. Hurricane shutters stored for house. (561)924-7259.

OWNER FINANCE 2br, 1ba, CBS house. Moore Haven, Fl., 16x40 shed, covered patio, zoned residential or commercial. $2,000/dn. $380/mo. $36K. (941)368-6601.

PAHOKEE LAKE front property for sale. 2.2 acres, warm land, suitable for Mango or other grove. Fruit ripens here after Dade & Broward Cty. finish. Also suitable for houses, apts or condos. Call (561)924-7259.

1040 Land - Sale

50 Acres Wooded - $2,000/Ac. 3-5 1 Ac. Tracts - Cypress Ave. - Muse - $15,000/Tract. Call Ernest H. Rawls; Broker-Owner, 863-983-8559.

MONTURA AREA 1.1/4 ACRES includes well and septic tank. $7,500.00. Financing available. For more info call Susie at 1st Fed. 863-983-6181 x114.

1045 Lots - Sale

ONLY $199.00 DOWN! Beautifully wooded high/dry homesites near Caloosahatchee River and Ft. Myers. Only $66/mo. Florida Financial Liquidates Final 40-lots. Toll-free (877)352-5263.

RIVER VIEW LOT - 80'x235' lot overlooking the Caloosahatchee River. $19,500. Call (863)675-0136.

1070 Resort Property Sale

ASHEVILLE, NC. Authentic Log Cabin 4 AC/Stream/$59,900. Beautiful log cabin being built in gorgeous park like, alpine setting w/crystal clear mtn. spring. Easy financing. Must see, call now (704)509-1998, ext. 8740

TENNESSEE LAKE BARGAIN. 3 Acres with boat slip $24,900. Beautifully wooded, spectacular views, with access to crystal clear mtn. lake next to 18 hole golf course! Paved roads, utilities, soils tested. Low, low financing. Call owner now (800)700-3154 ext. 3735.

2005 Mobile Homes - Lots

1º ACRE IMPROVED LOT Fenced, elect., septic tank, well. Just move your mobile home on. $7,400 cash. Montura Ranch Estates. 863-467-9075.

2020 Mobile Homes - Sale

2000 DOUBLEWIDE New. A/C Belle Glade. Only weekly low prices. HBO & Cable. Within walking distance of restaurants and hospitals. (561)996-3827.

3 BEDROOM - Used. Set up in Montura. Buy Here Pay Here.Stanton Homes. 983-8106 or 800-330-8106.

A STEAL! 1971, 3BR, 2BA, porch, awnings, new A/C, buyer must remove from lot, $1,000. Call 941-946-1859.

CLEAN FINANCE AVAILABLE 1991, 14 x 70, 3 BR, 2 BA. Call Bob (941)946-1028.

DOUBLEWIDE, 1989 - 24x48, with lot, 805 Redish Circle, 2 BR, 2 BA, screen room, covered patio, 10x20 shop, 8x10 storage shed, double concrete drive, fruit trees. Call (863) 983-2674.

DOUBLEWIDE & LOT - Ridgedill Subdivision, 3 BR, 2 BA, carport, fenced yard, on water, many extras. Call between noon & 8pm, 863-983-4795.

FLEETWOOD 14X70 1995 3br 2ba. Need to see, 3955 Hendry Isles Blvd. - Pioneer or CCUI.

MONTURA MH on 2.5 acres, fenced in lot, landscaped, 3br 2ba, 2 scrnd porches, 2 sheds, furnished. $42,500. Call (863)983-0824.

MOORE HAVEN TRLR PRK, 12x40 w/awning, 1br, 1ba, mostly furnished. $4,000. Call (863)946-1989.

PREOWNED Set up in Rental Park. $500 Dwn. Stanton Homes. Call 983-8106.

3005 Boats

GAMBLER, 1989.17' fisherman boat, Yahama 150 motor, $5,000. Call 606-546-5196 or 606-546-6625.

3020 Marine Accessories

TROLLING MOTOR, MINKOTA Used very little, Like new $125. (863)946-3371.

4005 Automobiles

1989 PONTIAC GRAND AM burgundy outside, gray interior, AC, looks and runs gd., 561-996-3999 call Bill.

RED! HOT! 5spd, 1992 Mitsubishi Eclipse. Interior/exterior & mechanically excellent. $3,500. Call 996-7620 or see at 464 E. Canal St. Pahokee.

5005 Public Notice

DIVORCE $150 *COVERS children, property division, name change, military, missing spouse, etc. Only one signature required. *Excludes govt. fees, uncontested. Paperwork done for you (800)462-2000. B. Divorced

NOTICE OF ANNUAL MEETING OF LANDOWNERS OF SOUTH FLORIDA CONSERVANCY DIST. Notice is hereby given in accordance with the provisions of Chapter 20477, Laws of Florida, Acts of 1941, a meeting of the owners of lands within South Florida Conservancy District, will be held Wednesday, March 15, 2000, at 1:30 P.M., at the office of said District in the City of Belle Glade, County of Palm Beach, State of Florida, for the purpose of electing one Supervisor for three (3) years, or until successor shall be elected or appointed and shall have qualified, and for the purpose of transacting such other business as may come before said meeting. BOARD OF SUPERVISORS SOUTH FLORIDA CONSERVANCY DISTRICT By:/s/Fritz Stein, Jr. Chairman 28621- BG 2/24;3/2/00

NOTICE OF ANNUAL MEETING OF LANDOWNERS OF SOUTH SHORE DRAINAGE DIST. Notice is hereby given that a meeting of the owners of lands within South Shore Drainage District, will be held Wednesday, March 15, 2000, at 10:30 A.M., at the office of said District in the city of Belle Glade, County of Palm Beach, State of Florida, for the purpose of electing one Supervisor for three (3) years, or until his successor shall be elected or appointed and shall have qualified, and for the purpose of transacting such other business as may come before said meeting. BOARD OF SUPERVISORS SOUTH FLORIDA CONSERVANCY DISTRICT By:/s/Fritz Stein, Jr. Chairman 28621- BG 2/24;3/2/00

PUBLIC NOTICE On March 10, 2000 at 10:00am, a public auction will be held at 655 US 27 North in South Bay, Florida. The following vehicles will be auctioned off for charges. All sales will be cash. 1. 1977 OLDS 1G3NR54C9K1814179 2. 1980 OLDS 3X69RAM120016 3.1988 FORD 1FTBR10TOJUB85773 4. 1985 PONTIAC 1G2JB2704F7580874 5. 1983 C A D I L L A C 1G6AB4787D9102532 6. 1977 HYUNDAI KMHVF12J9NU54091-7. 1986 FORD 1FADP22XOGK101400 8. 1990 CADICLAC 1G6CB5339L4251240 9. 1977 PONTIAC 1G2AN69ASEB251990 10. 1988 ACURA JH4KA3153JC009162 11. 1977 CHEVROLET 1W19M8046256212. 1977 KARTOTE 4O6D911116LP090727 13. 1977 PONTIAC 2069Y9P214302 14. 1977 BUICK 1G4AL19E6E6495899 15. 1985 FORD 1FABP4035FG150939 16. 1983 MERCURY 1MEBP9230DH612513 All of the above vehicles are currently stored at the 655 US 27 NORTH location in South Bay, Florida. MOSS TOWING 655 US 27 NORTH SOUTH BAY, FLORIDA 28606 - BG 2/24/00

PUBLIC NOTICE On March 7, 2000 at 10:00am, a public auction will be held at 655 US 27 North in South Bay, Florida. The following vehicles will be auctioned off for charges. All sales will be cash. 1. 1982 FORD DXR90W7CVA09892 # 35064 All of the above vehicles are currently stored at the 655 US 27 NORTH location in South Bay, Florida. MOSS TOWING 655 US 27 NORTH SOUTH BAY, FLORIDA 28606 - BG 2/24/00

PUBLIC NOTICE The Pahokee Housing Authority will be holding a public hearing to receive comments on its Agency Plan. The Hearing will be held at 4:00 p.m., April 10, 2000, at the Central Office of the Authority, 465 Friend Terrace, Pahokee, Florida. 28604 - BG 2/24;3/2,9/00

PUBLIC NOTICE The following vehicles to be sold at Auction on January 29, 2000 at 8:00 am at 550 SW 16th St., Belle Glade, FL 33430. 1990 CHEVROLET Vin# 1G1JC54G2LJ142888 1989 YAMAHA Vin# JYA3MKA08NA005441 1988 STERLING Vin# 5AXXS84B7JM153284 1991 DODGE Vin# 1D7N28kxma224373 1986 OLDSMOBILE Vin# 1G3HY8930GW402832 28628 - BG 2/24/00

PUBLIC NOTICE NOTICE IS HEREBY GIVEN THAT THE CITY OF SOUTH BAY WILL HOLD A TOWN MEETING, TUESDAY, MARCH 21, 2000 AT 6:00 PM. AT SOUTH BAY CITY HALL COMMISSION CHAMBERS, 335 SW 2ND AVENUE, SOUTH BAY, PALM BEACH COUNTY, FLORIDA. IF YOU HAVE ANY QUESTIONS REGARDING THIS MEETING, THEY MAY BE SUBMITTED IN WRITING OR AT THE TIME OF THE SCHEDULED MEETING AS NOTED ABOVE. WRITTEN COMMENTS SHOULD BE ADDRESSED TO THE CITY CLERK, CITY OF SOUTH BAY, 335 SW 2ND AVENUE, SOUTH BAY, FL 33493. VIRGINIA K. WALKER CITY CLERK 27212 - BG 2/17,24/00

SERVANCY DISTRICT By:/s/Fritz Stein, Jr. Chairman 28621- BG 2/24;3/2/00

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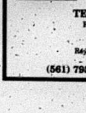

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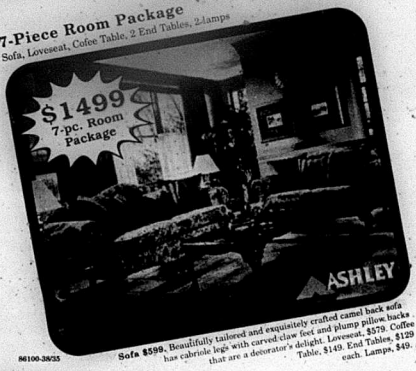

86100-38/35

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7-Piece Room Package
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Sofa $399. Sophisticated contemporary sofa with contrasting welting features, flared arms and loose back cushions. Loveseat, $379. Coffee table, $139. End Tables, $129 each. Lamps, $79.

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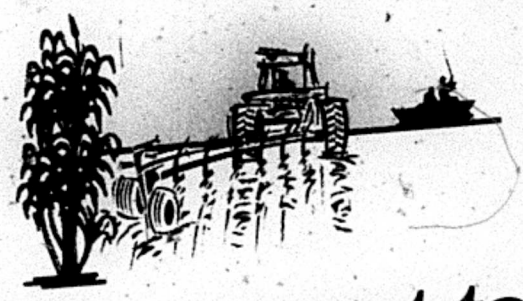

A Supplement to

The Sun

February 24, 2000

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A Dermatologist's tips for healthier skin

According to New York-based dermatologist Dr. Michele Green, most of her patients want to know what they can do to prevent signs of aging and keep their skin looking young and healthy.

"Keeping skin healthy and younger looking is a concern for all my patients. How a woman's skin looks affects how she feels about herself regardless of her age," says Dr. Green, a leading dermatologist who specializes in cosmetic dermatology and the latest skin care technologies. A recent survey shows that Dr. Green's patients are not alone. Eighty-three percent of women believe that their facial skin's appearance is a very important factor in determining how they feel about themselves. More than 64 percent of those polled are worried about fine lines, wrinkles, sun damage and the loss of firmness that occur with age.

"The solution to these concerns is simple," says Dr. Green. "I advise women to practice prevention early, treat any unwanted signs of aging and sun damage and develop a good, basic skin care routine."

An Ounce of Prevention

According to Dr. Green, "It's never too early to start taking care of your skin." Most women don't get serious about caring for their skin until around age 30, when they may begin to notice fine lines under their eyes and on their foreheads. "This is unfortunate because sun exposure before the age of 20 causes more long-term skin damage than exposure at later ages," says Dr. Green.

- Use a sunscreen or moisturizer with SPF every day of the year, even when it's cloudy, and avoid prolonged exposure to the sun during the peak hours of 11 a.m. to 3 p.m. Keep in mind that UV rays can cause as much damage in winter as in summer months.
- Prevent the signs of sun-induced skin-aging, such as fine lines and wrinkles, with a preventive product.

Skin Care that Works

When fine lines and wrinkles appear, many women believe nothing can be done to minimize them. "Although wrinkles cannot be totally avoided, women today have access to treatment products and procedures that can help reinvigorate their skin's renewal process and indeed minimize those tell-tale signs of aging," says Dr. Green.

- As soon as you notice fine lines, begin using an anti-wrinkle product.
- Avoid sun exposure, maintain a healthy diet and follow a good skin care regimen that includes the right products for your skin type to maintain a healthy appearance.

Stick to the Basics

All good skin care begins with a basic regimen. "Establishing and maintaining a regular skin care routine is easy and will greatly improve the appearance of your skin," says Dr. Green.

- Your regimen should include cleansing, toning and moisturizing in the morning and at night before bed. Skin types with special needs may require products with special ingredients to address their specific needs.

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The training of pediatricians

Pediatricians are graduates of a four-year medical school with three additional years of residency training solely in Pediatrics. Under supervised conditions, a Pediatrician in training acquires the skills necessary to treat a broad range of conditions, from the mildest childhood illness to the most serious diseases. Different from Family Physicians or general practioners, the three years of training are done exclusively in pediatrics, providing a Pediatrician-in-training more time to learn about all kinds of conditions and illnesses that afflict children. A Pediatrician has been trained in areas of Pediatric cardiology, neurology, gastroenterology, nephrology, neonatology, infectious diseases, pulmonology, and other areas of medicine but involving only children. The are pediatric subspecialists who train an extra two years in one of these areas. If a subspecialist is ever needed to treat your child, your regular Pediatrician will help you find the right one for your children's problem.

With the completion of residency training, the Pediatrician is eligible to take an exam given by the American Board of Pediatrics. Only Board-certified Pediatricians can become members of this professional organization (FAAP). By choosing a Board-certified Pediatrician, you have chosen the highest level of medical care for your child.

Children with special health care needs

(NAPSA)-Parents whose children have special health care needs already have a lot to cope with. Care of children with chronic medical illnesses or disabilities also can be difficult in a medical emergency.

To make sure that vital information about a child's medical condition is available in an emergency, the American College of Emergency Physicians (ACEP) and the American Academy of Pediatrics (AAP) have developed a new "Emergency Information Form for Children With Special Health Care Needs." The form contains important medical information, such as relevant medical history, critical actions to avoid, life-saving maneuvers or interventions, and allergies and medications/foods to avoid.

Forms can be obtained from the websites of the two specialties (www.acep.org and www.aap.org) and can be registered through MedicAlert® by calling 1-800-ID-ALERT (432-5378).

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GLADES
GENERAL
HOSPITAL

"We listened. Now watch what we do."

— Jim Purcell, Chief Executive Officer

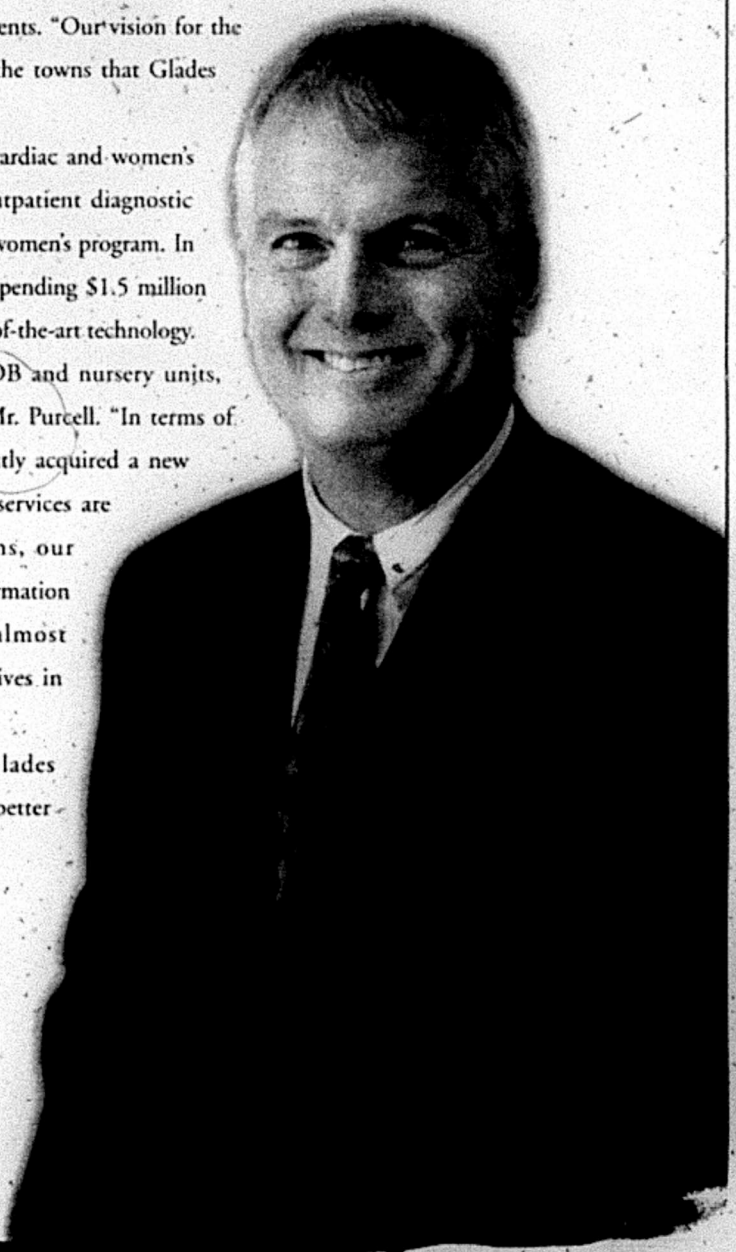
A community hospital for more than 50 years, Glades General has a level of sensitivity to all that is important to our residents. "Our vision for the future was shaped by listening to people in the towns that Glades General serves," said CEO Jim Purcell.

As a result of their desire for the best in cardiac and women's care, Glades General is developing a new outpatient diagnostic cardiac catheterization center and a dedicated women's program. In addition to expanded services, the hospital is spending $1.5 million on new construction projects and adding state-of-the-art technology.

"The new construction focuses on our OB and nursery units, surgical suites and Emergency Room," said Mr. Purcell. "In terms of technology, our Radiology Department recently acquired a new C-Arm and our laboratory equipment and services are second to none. In the next few months, our physicians will be able to retrieve patient information online so they can examine case files almost immediately. That kind of access can save lives in emergency situations."

It's the kind of service that typifies Glades General Hospital's ongoing commitment to better healthcare in the Glades.

Here's To Your Heart—Part of the new technology at Glades General Hospital is a state-of-the-art Color Doppler Flow Ultrasound that monitors blood flow through the heart and evaluates the heart muscle.



Improving heart health through nutrition

(NAPSA)-A little nutrition and exercise can go a long way toward improving overall health, and may also help the heart become healthier and stronger.

Studies, however, show that American diets fail to provide adequate levels of nutrients for large segments of the population. And, a recent U.S. Department of Agriculture survey confirms the prevalence of vitamin/mineral deficiencies in adults.

People who eat out three or more times a week, or lack the time to prepare and/or eat well-balanced meals may fall into the "micronutrient gap." The same applies to people on weight-loss programs that either fail to provide dietary quality or variety, or eliminate essential fats.

To help bridge this gap, an increasing number of people are supplementing their diets with multivitamins, some of which contain formulas that help support specific health concerns-like heart health.

"A growing body of research shows us the link between vitamins, overall nutrition and heart health," says Edmund H. Sonnenblick, M.D., Chief Emeritus, Division of Cardiology, Jack D. Weiler Hospital of the Albert Einstein College of Medicine and a preventive cardiologist who worked with Bristol-Myers Squibb on the development of Theragran Heart Right. "Clearly micronutrient supplementation can never replace a healthy diet or lifestyle but, given the importance of cardiovascular nutrition, it only makes sense to take a supplement."

Heart disease is by far the leading cause of death among both men and women in the United States, and is responsible for more than 1.5 million heart attacks each year.

In addition to providing all the essential vitamins and key minerals for daily dietary support, Theragran Heart Right has a combination of micronutrients that medical research suggests may have cardiovascular benefits: Vitamins C, E, B6 and B12, folic acid, carotenoids, selenium and magnesium.

"As the trend in medicine shifts from disease prevention to health maintenance," says Dr. Sonnenblick, "tools such as Theragran Heart Right will become more and more important as a complement to a healthy diet."

Consumers seeking further information about Theragran Heart Right can call 1-800-468-7746.

Healthy living for the new millennium

(NAPSA)-Here's some food for thought: while many people make resolutions to live healthier lifestyles, their resolve can dissolve if they're not sure how to go about it. Here are a few hints that may help.

1. Digest these facts about food. To promote health and reduce fat, many people may want to restrict their intake of saturated fat by cutting back on meat and dairy, products. Don't eliminate all fats, however. Explains Vitamins.com's Nutrition Director Dana Reed, "There is a myth that all dietary fats are bad. In reality, having the right amount of the right fatty acids in your diet is important for cellular health, hormone balance, healthy skin, hair and nails."

To help keep weight down, substitute whole grains such as oat groats and brown rice, plus le-gumes, for high carbohydrate foods such as pasta and potatoes. You still need to make sure you're getting enough vitamins and minerals. Adds Reed, "Even when you eat right, you may not be getting all the vitamins and minerals your body needs."

She also says, "People who supplement their diets with vitamins can optimize health, lower the risk of degenerative disease, delay the process of aging and boost the immune system against stress." A good supplement regimen should include:

- A multi-vitamin/mineral complex to provide a foundation of antioxidants, B vitamins and essential minerals.
- Consider extra nutrients to support your bones, such as calcium with magnesium, vitamin D and other trace minerals and vitamins that aid in the absorption of calcium.
- Extra vitamin C for a healthy heart, eyes and immune system.
- Extra vitamin E to scavenge free radicals, support the heart and balance hormone levels.
- An essential fatty acid to support the immune system, healthy cholesterol levels, blood pressure, skin and hair.

2. Drink lots of water-at least eight eight-ounce glasses a day

3. Exercise. Aerobic exercise helps your heart and bones. Exercise with weights helps build muscle and fight fat.

You can learn more from the Vitamins.com web site, a health products company at www.vitamins.com.

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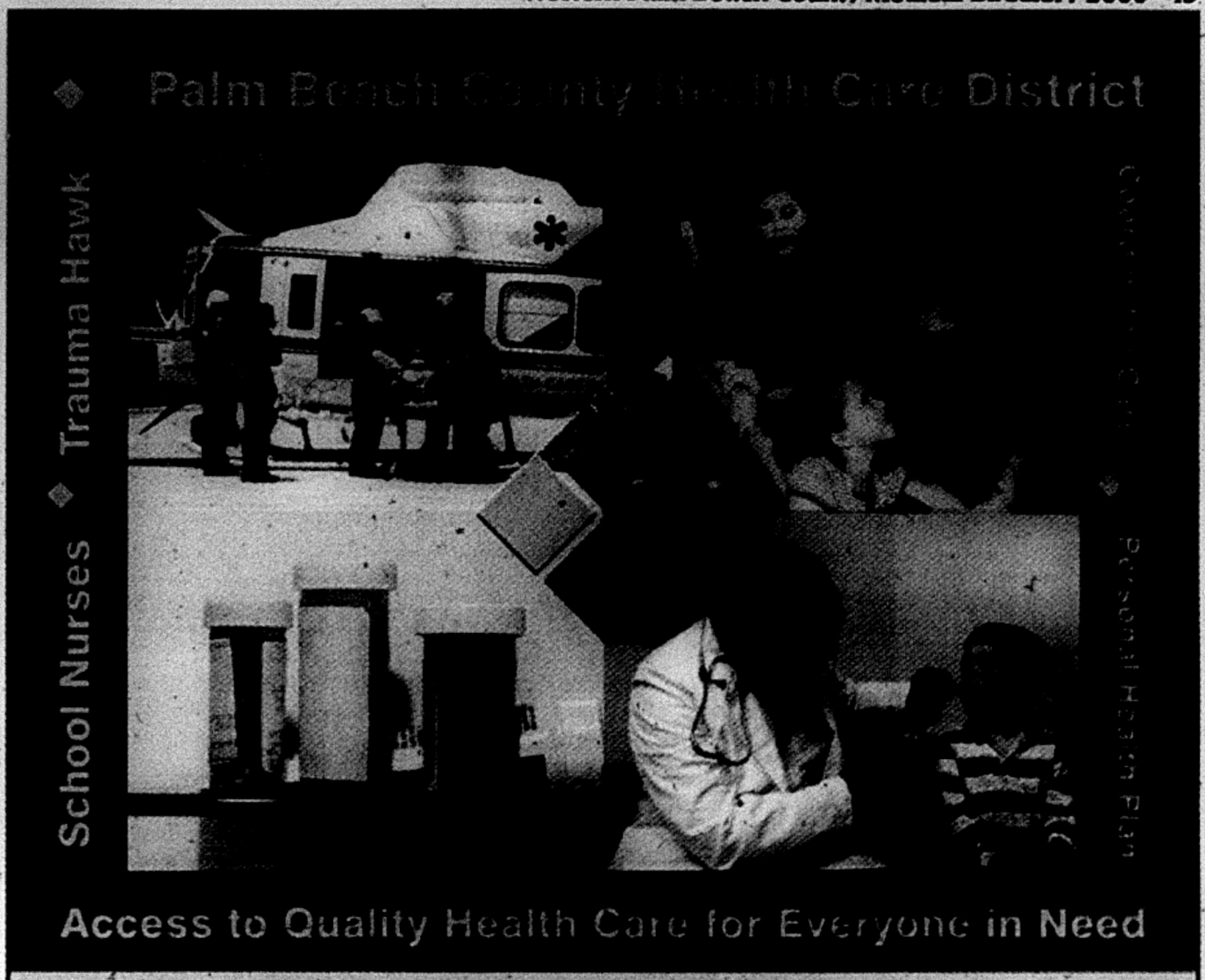

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Keeping your resolve to stay fit in 2000

(NAPSA)-The new millennium brings the promise of new beginnings and-at the top of everybody's wish list-the desire to start a healthy new lifestyle. "The average American gains 5 to 7 lbs. between Thanksgiving and New Year's," says Mindy Hermann, a registered dietitian and contributing editor at PHYS.com, Condé- Net's nutrition, fitness, weight loss and pregnancy Web site for women. "So, it's only natural to want to diet and get in shape when the New Year rolls around." But, despite our best intentions, statistics show that almost half of us will toss those resolutions out the window before the month is out. So, how do you stick to your millennium vow to be physically fit in the New Year? The experts at www.phys.com have created Shape Up 2000, a program designed to turn January dreams into a reality for years to come.

Lasting weight loss depends upon making simple, achievable changes in your lifestyle-and that's what Shape Up 2000 is all about. An eight-week fitness and nutrition program, Shape Up 2000 is designed to help people not only lose those first few pounds, but also arm them with the knowledge and tools they need to reach a healthy weight, maintain it and start a fitness program that they can stick with for the rest of their life.

What does it take to lose that weight and shape up? Follow these tips from PHYS.com:

• Be realistic. Don't try to lose the weight all at once. A good rule of thumb: Shed no more than one-half to one pound per week. If you're 20, 30 or 50 pounds overweight, don't even think about dropping it before Valentine's Day. Trying to lose too much too quickly will overwhelm you and cause you to lose your resolve.

• Set goals that fit your lifestyle. Shape Up 2000 provides PHYS participants with a personalized page that will enable them to assess where they are now. User-friendly tools such as calculators, a daily menu planner and an exercise planner will help people set their goals and track their progress.

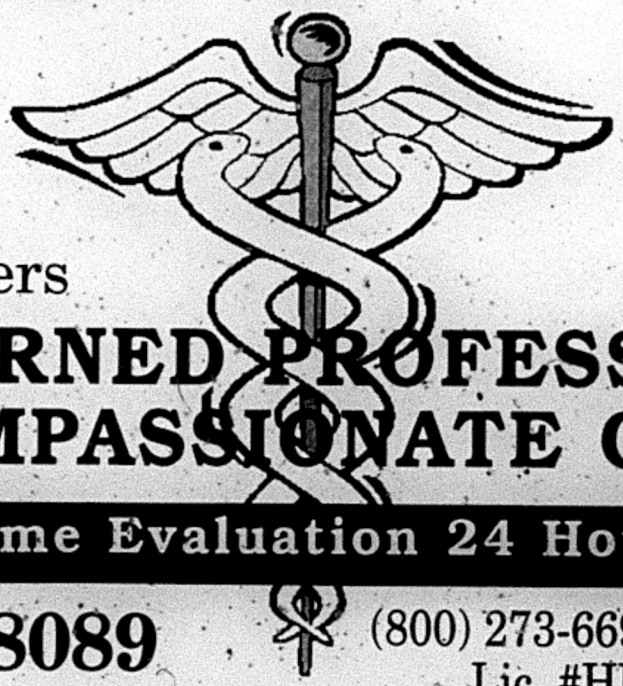
• Accept your limitations. Don't get hung up on the idea that you have to perform perfectly or not at all. If you don't exercise one day, don't give up. Be honest with yourself about why you missed your workout and move on.

• Seek support. Sharing your successes and setbacks keeps motivation high. The Shape Up 2000 forum will provide a sounding board for participants that will help them stay committed. Special forums with fitness and nutrition experts will allow Shape Up participants to get their questions answered and keep them focused on their goals.

PHYS.com is a unique online source designed to help users reach their fitness, nutrition and weight loss goals. By integrating authoritative content with state-of-the-art interactive tools and applications, PHYS is able to dynamically customize content for users. For more information, visit www.phys.com.

PALM BEACH STAFFING

Keeping the Door to Independence Open



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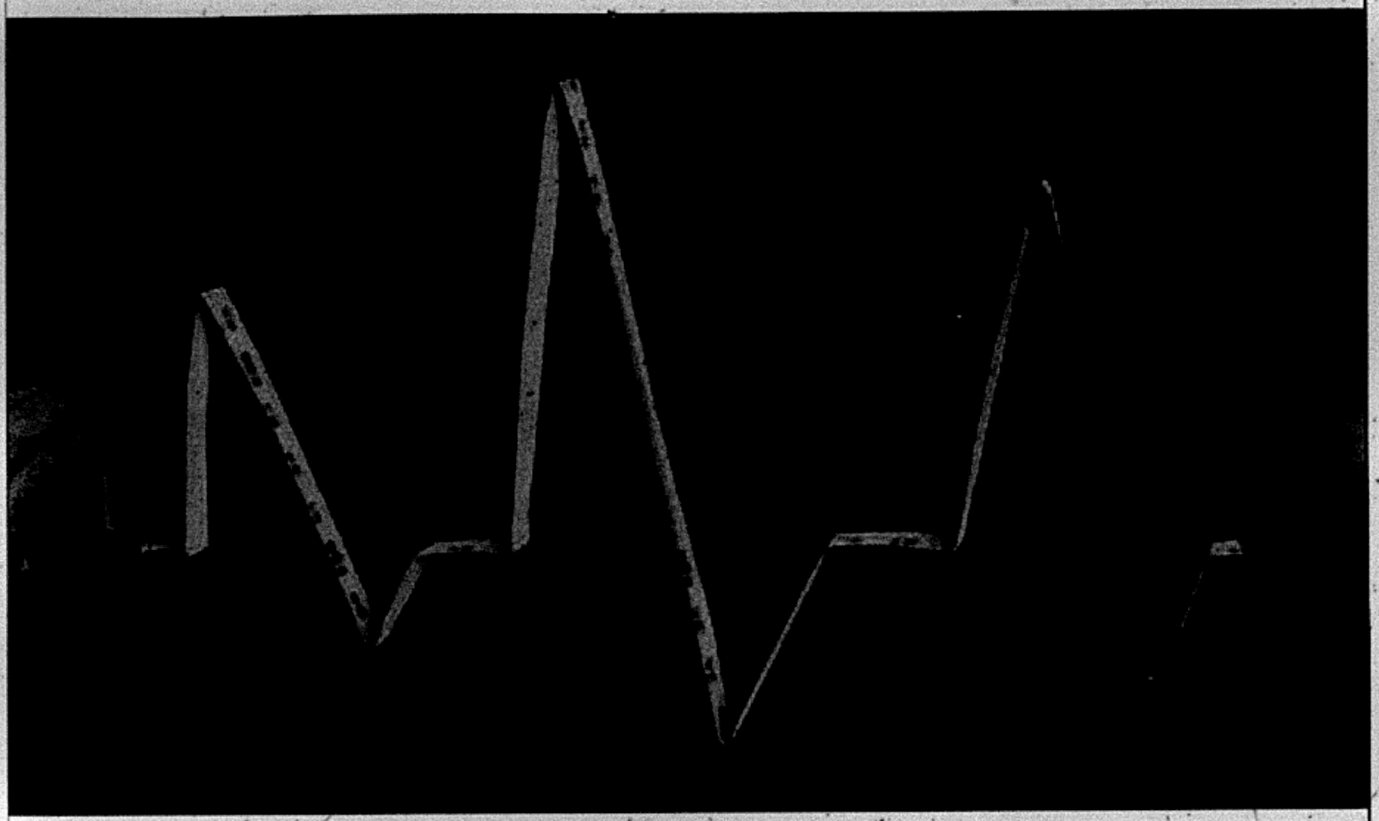

HOW DO YOU MEASURE A HOSPITAL?

One objective way to judge is to look at a hospital's record. To see if a hospital serves its community by listening to the people in that community – and responding with specific programs and services that meet their needs.

That's the idea Palms West was built on. In fact, we often conduct public surveys to learn how we can better meet your needs. We were the first, for example, to offer families the peace of mind of Kidsville, an emergency service just for kids. The first to offer a dedicated obstetrics unit, called Your New Life Center. And the first to open a pediatric intensive care unit.

To date, we're still the only hospital in the western communities with a dedicated pediatrics unit – an important consideration for families, since the best time to choose a hospital is before you actually need one.

You don't have to have kids – or be one – to value Palms West's health care innovations. Anyone needing physical therapy or rehabilitation will appreciate the fact that we were the first to offer aquatic rehab in a 4,000-sq.-ft. facility with a heated therapeautic pool.

For more information call us at (561) 798-3300 or visit us on the web at www.palmswesthospital.com. We think you want more than a hospital that keeps up with the latest medical innovations. You want the one doing the innovating.

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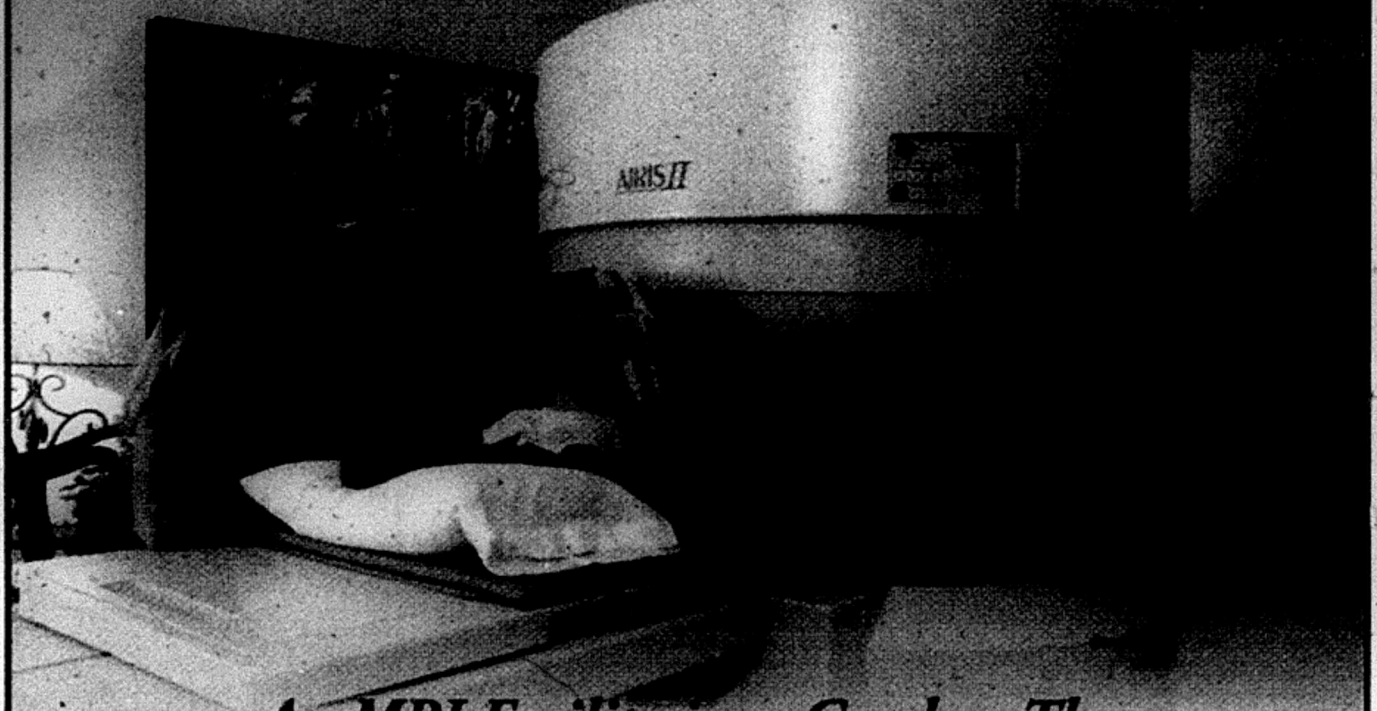

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Eric Baumel, M.D., Don Dewar, M.D., Jonathan Huber, M.D., Gabrielle Kater, M.D., Thomas Kirchner, M.D., Mark Reyer, M.D.

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